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Local students take sobriety tests ... and fail

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'I do'

Ghomeshi breaks silence.

With those two words, he accepts bail conditions: \$100K, live with mom.

More coverage, pages 3, 14 & 32

DAVID COOPER/TORSTAR NEWS SERVICE

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Ghomeshi will plead not guilty to charges: Lawyer

Court. Former CBC host, accused of four counts of sexual assault, released on \$100,000 bail

Former CBC radio host Jian Ghomeshi plans to plead not guilty to multiple counts of sexual assault, his lawyer said Wednesday.

Marie Henein made her comments just moments after Ghomeshi was released

on \$100,000 bail at a Toronto courthouse.

"We will address these allegations fully and directly in a courtroom," she said as Ghomeshi stood by her side.

"It is not my practice to litigate my cases in the media. This one will be no different. We will say whatever we have to say in a court of law," said Henein, adding that Ghomeshi would not be speaking to the media either.

The 47-year-old Ghomeshi turned himself in to police earlier on Wednesday and was charged with four counts of

sexual assault and one count of overcoming resistance by choking.

He looked tired as he appeared in the prisoner's box of a packed Toronto courtroom wearing a dark suit.

His bail conditions include living with his mother — who was present in court and acted as his surety — no contact with his alleged victims and an agreement to surrender his passport and remain in Ontario.

When asked by a judge if he understood the conditions of his release, Ghomeshi clasped

his hands in front of him, nodded slightly and said "yes" and "I do."

Ghomeshi's lawyer requested a publication ban on the bail hearing, which was granted, meaning the allegations and evidence details at the proceedings could not be reported.

The former Q radio host was fired by CBC on Oct. 26 after the public broadcaster said it had seen "graphic evidence" that he had physically injured a woman.

Since his dismissal, nine women have come forward

with allegations that Ghomeshi sexually or physically assaulted them — three of them filed police complaints.

Ghomeshi has admitted that he engaged in "rough sex" but insisted his encounters with women were consensual.

Toronto police said they began an investigation into several allegations of sexual assault relating to Ghomeshi on Oct. 31.

None of the allegations against Ghomeshi have been proven in court.

His next court appearance is on Jan. 8. **THE CANADIAN PRESS**



Jian Ghomeshi makes his way through a mob of media with his lawyer, Marie Henein, right, at a Toronto court Wednesday. The former CBC radio host was granted bail just hours after being charged with multiple counts of sexual assault. NATHAN DENETTE/THE CANADIAN PRESS

1 NEWS

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Crown drops case, former Ottawa jail guard acquitted

Disreputable accounts. Foggy memories, collusion, among problems with Crown's witnesses

JOE LOFARO
joe.lofaro@metronews.ca

A former jailhouse guard is considering legal action after he was acquitted Wednesday in a criminal trial that came to an abrupt end after evidence emerged some witnesses had colluded and had serious credibility problems.

In an unusual twist to the trial, Crown attorney Jason Nicol elected to drop the prosecution of John Barbro after concluding it would be

unsafe to render a guilty verdict against the 47-year-old. The Crown cited "serious and obvious" issues with his witnesses that led to his decision.

One of those issues came from the testimony of Crown witness Melissa Schell, who said in a previous statement that Barbro wore boots when he allegedly stomped twice on Jean Paul Rheume's head on Oct. 23, 2010 at the Ottawa-Carleton Detention Centre.

Barbro was fired and charged with assault causing bodily harm. Rheume now suffers from a brain injury.

Schell testified in court that her recollection of the incident had become "foggy" due to time and stress.

But the Crown said Wednesday "it would appear to be an uncontested fact" that

Barbro was wearing white running shoes at the time of the incident, as the court heard he always did.

The Crown also highlighted to Justice Ann Alder the revelation that two other witnesses had "colluded" with each other before being interviewed.

Barbro's lawyer, Michael Edelson, said his client is relieved because at the end of the day "the Crown was left with no witnesses who were credible."

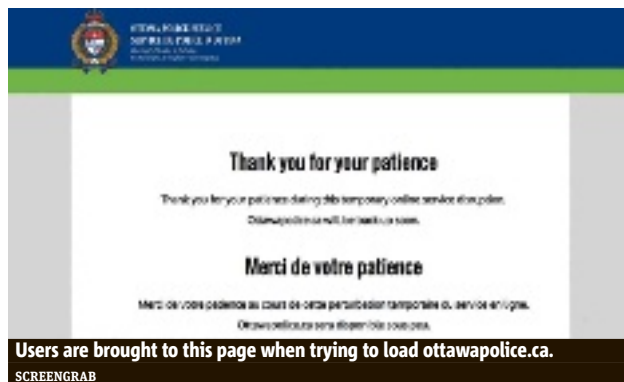
"We've got a situation where the trial was filled with contradictory evidence, witnesses admitting secret meetings, conspiracy and collusion," he said.

Barbro has retained a civil lawyer, who is looking into what possible recourse there might be, Edelson said.



John Barbro leaves the Elgin Street courthouse on the first day of his trial in Ottawa on Monday, Nov. 10, 2014. Barbro was acquitted Wednesday of charges he assaulted an inmate at the Ottawa-Carleton Detention Centre in 2010 after the Crown acknowledged serious problems with its evidence. MIKE CARROCCETTO/FOR METRO

Hackers promise more cyber attacks to clear teen



Users are brought to this page when trying to load ottawapolice.ca. SCREENGRAB

The Ottawa Police website seems to be coming back online shortly, but the hacker group Aerith has continued to target other websites in a bid to clear the name of a Barrhaven teen charged with 60 "swatting" offences.

The website has been unresponsive since the hackers crashed it on Saturday. The group said it has been waiting for police to put the site back up so they can use the site to post documents they say would exonerate the

teen.

The Ottawa Citizen reported Aerith was targeting the General Dynamics Canada website Wednesday, as the company had planned to fire the teen's dad. The cyber attack was to deter the company from letting the dad go.

Neither the dad or teen can be identified under the Youth Criminal Justice Act.

The teen was arrested in May and charged for allegedly phoning in fake emergencies across North America,

prompting SWAT teams to be dispatched.

The hacker group claims to have evidence that would exonerate the teen and prove that he was framed by a man in New Jersey. Aerith released the name and address of the New Jersey man as well as a log of online activity. Metro tried to reach the man but hasn't received a response.


Aerith said the group was targeting the New Jersey man in a child-pornography

investigation when they learned he had framed the Barrhaven teen. The group says it will not stop attacking city websites until the charges are dropped.

Aerith has crashed the City of Ottawa, Ottawa Police, Toronto Police, the City of Laval and the City of Toronto websites.

By press time, the Ottawa police website displayed a message saying the site would be online shortly.

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Courthouse workers feel at risk

Court insecurity.

Employees raise security concerns in provincewide survey



JOE LOFARO
joe.lofaro@metronews.ca

The majority of courthouse employees in Ontario say that their safety is at risk while on the job and their workplaces need to evaluate security protocols, according to a new survey released by their union Wednesday.

That finding, among several others, was included in a report on a survey conducted by the Ontario Public Service Employees Union (OPSEU) in response to the deadly shooting at a Brampton, Ont. courthouse on March 28.

Charnjit Singh Bassi, 45, entered the courthouse entrance reserved for lawyers and courthouse staff carrying a 9mm pistol concealed in his jacket before he opened fire on police.

Peel Regional Police, who are in charge of security, shot and killed the gunman. Two officers were wounded, but survived.

The incident raised serious questions about courthouse security in Ontario and what can be done to make courts safer.

Wednesday's report noted 75 per cent of staff felt their safety was at risk,

Changes advised

Among the report's recommendations:

- Address the possibility members of the public may try to enter entrances reserved for staff.
- Prevent cars from idling near court buildings.
- Develop clearly defined protocol so responders know how to find a threat.
- Emergency plans should be practised and participation be made mandatory.
- Station police at all Ontario courthouses.

while nearly 50 per cent of respondents said they had experienced frightfulness on one to three occasions in the past five years due to threats, or by experiencing or witnessing assaults or property damage.

OPSEU sent the survey by email to 2,000 employees one month after the Brampton shooting. The union said it received 632 responses covering 77 courthouses in Ontario.

While respondents reported their courthouses were prepared to handle bomb threats and fires, they were not ready to respond to other serious threats.

"Fewer respondents re-



New security enhancements are coming to the Ottawa courthouse. JOE LOFARO/METRO

ported their courthouse has strategies to deal with: Power outages, chemical or gas leaks, bad weather, or dangerous person incidents plans (sometimes known as 'lock-down protocols')," the report said.

Ottawa criminal defence lawyer Ann London Weinstein said she welcomes

new security measures at the Elgin Street courthouse, which now bars anyone from entering the building from either of the two rear entrances.

Ottawa police special constables are now stationed at the front entrance to screen visitors as they come in.

Sources at the courthouse say metal detectors and devices to screen baggage will be installed.

"I feel very safe there, but given what happened recently (in Ottawa) and what has happened in other courthouses, I don't think it's unreasonable to have the procedures that they

have now," said London Weinstein.

"Things have happened at other courthouses and we would be naïve to think that we're not at some point going to face those same issues. We're a growing city, we have gangs here, we have gun cases here, we have homicides here."

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Andrew Kavchak poses with his son Michael, who has been playing bass since the age of 10. JEN TRAPLIN/FOR METRO

Teen is the ace of bass

Michael Kavchak.

The 15-year-old is a virtuoso on the ice and as part of the Ottawa Junior Jazz Band

It's safe to say 15-year-old Michael Kavchak has a busier schedule than most kids his age.

Not only is the teen a star player on his hockey team, he's also a dedicated bass musician who attends blues camps annually and plays in numerous bands, including the Ottawa Junior Jazz Band (OJJB), a prestigious 18-piece group made up of students Grade 10 and under.

Kavchak developed his musical abilities rather quickly. The young phenom started playing bass when he was 10, and picked up the stand-up bass three years ago.

"I've really put some time and work into it, practising generally for about an hour a day, he says.

"Music is a pretty big

Details

The Ottawa Junior Jazz Band will be performing with the Nepean All-City Jazz Band on Tuesday, Dec. 2 at Longfields-Davidson Heights Secondary School (149 Berri-gan Dr.) at 7:30 p.m. Tickets are \$10 at the door.

commitment."

Along the way, Kavchak's father, Andrew, has been his No. 1 fan and biggest supporter.

"For me and, I think, for most parents, seeing your children flourish is a tremendous joy, but it requires some degree of commitment and support. I sat with him for the first two years, learning the bass," said the elder Kavchak.

"He really helped me out starting the bass," added son Michael.

"When I would practise, he would sit beside me and make sure I went through all the books, turned the pages for me, he put on the CDs and even took notes of

everything so I would remember. He really has done everything he could to help me."

Andrew says one of the driving forces behind his unwavering support of Michael's musical endeavours is that he and his wife Sylvie are determined to ensure both their children receive the attention they deserve.

"Michael's younger brother Steven is autistic and non-verbal. Steven obviously needs more attention and we'll do whatever we can for him but, at the same time, when Michael has the potential and the need for something, we'll give it to him."

Michael isn't quite sure if he wants to pursue a career in music but says he knows he will have the support of his family no matter what.

"I think I could have a pretty interesting career in music, but I'm not sure yet. I've still got a couple years to decide, but music for me right now is a very fun hobby and it's something I really like to do."

JEN TRAPLIN/FOR METRO

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Algonquin College students put on drunk suits, fail police sobriety tests

Party Smart. Police hope the event convinces students to only drive sober



TREVOR GREENWAY
trevor.greenway@metronews.ca

Gina Hall got to get drunk for free at school Wednesday — and with no chance of sustaining a vicious hangover.

The Algonquin College student didn't actually guzzle down a liquid lunch, but she did don Ford Canada's drunk suit and take on three police sobriety tests. She didn't fare so well.

"I didn't think it was going to be that difficult, but it definitely throws off your balance for sure," said Hall, trying to maintain her balance while walking in a straight line. Touching the tip of her nose

was difficult too. "It definitely makes you feel like you're really drunk. I didn't think it was going to be that hard, but it definitely simulates it very well."

The suit is a series of weights and cinches that throw off your balance and restrict your mobility. There are also drunk goggles, which turn the one straight line into two blurred and moving targets — making it almost impossible to walk straight.

Police, paramedics and officials from Ford were on hand at the college for the Party Smart event aimed at raising awareness about responsible drinking. Several students and reporters donned the suits, but nobody passed the sobriety tests.

Hall said it was good to see the event at her school, as partying is a social norm among college students.

"Everybody in college has a very active party life and a lot

of them are fresh out of high school, so they don't have the life experience to know that these things can happen," she said. "I can't imagine driving in that condition. I couldn't even walk, let alone drive. The fact that people would get behind the wheel in that state is shocking."

Ottawa police Sgt. John Kiss said the suit is "surprisingly realistic" and said there isn't much of a difference between the students' walk-the-line test and actual drunks who are stopped on the side of the road. "This suit messes up your physical senses the same way as an impairment would," said Kiss. "When we stop impaired drivers, that is what we see, even worse. They are feeling that, yet they still insist on driving off."

Kiss hopes the drunk suits make students think twice before getting behind the wheel after they have been drinking.



Algonquin College student Gina Hall tries to walk in a straight line while wearing a drunk suit that simulates alcohol impairment. TREVOR GREENWAY/METRO

'Things got a bit weird when I strapped on the suit'

I failed three police sobriety tests Wednesday.

Fortunately, I wasn't drunk.

I did feel completely wasted when I donned Ford Canada's drunk suit and tried to trick Ottawa police Sgt. John Kiss into thinking I was OK to drive.

It didn't work.

I nearly failed the touch-your-nose test without the suit on, touching the top of my nose instead of the tip. Sgt. Kiss quickly quipped, "Have you been drinking today?" My next two attempts were solid. No Baileys in my coffee this morning, I swear, officer.

But things got a bit weird when I strapped on the suit.

It's a series of weights and cinches that throw you off balance and restrict mobility (starting to get tipsy here). Headphones muffled every conversation around me (OK, definitely drunk now) and the drunk goggles made me see double (OK, now I have the spins).

The tests were near-impossible even to complete, let alone master.

Touching my nose wasn't that difficult, but trying to focus and balance at the



Metro reporter Trevor Greenway takes a sobriety test while wearing a drunk suit developed by Ford. MELISSA WOOD/FOR METRO

same time was troubling.

Standing on one leg is a lot harder when your balance is off, but the real tell was the "walk-the-line test." Sgt. Kiss said — based on my walking test alone — I would have been arrested and taken to the drunk tank with my licence suspended, my car towed and a criminal record for drunk driving.

As soon as I took one step, I stumbled and the crowd gathered around me began to chuckle. Each step on the line was harder than the last and the double vision con-

fused me as to which line to follow. I was supposed to take nine steps forward and then turn around and take nine back. After turning around, the sergeant stopped me and said, "OK, we get the picture." I could hardly walk.

It's scary to think how alcohol affects our entire bodies, but the most scary thing about the Party Safe event at Algonquin College was knowing that there are people out there who actually get behind the wheel in that state.

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Lanark County

Man charged with sexual assault

Provincial police in Lanark County have charged a 64-year-old man with sexual assault relating to an incident alleged to have occurred in 1993.

William John McNicol of Tay Valley Township has been charged with one count each of sexual assault, sexual interference

and invitation to sexual touching all contrary to the Criminal Code.

McNicol has been released on conditions and is to appear in the Ontario Court of Justice in Perth on Jan. 5, 2015.

Det. Angie Atkinson is investigating. Anyone with more information can contact the OPP at 1-888-310-1122 or by using the Citizen Self-Reporting System at opp.ca.

METRO

Canadian arts

Winterlude adds design festival

The City of Ottawa and Art and Design Management Group announced the city's first-ever Winter Design Festival will be held as part of Winterlude 2015. The festival will run Jan. 30 to Feb. 16 at Aberdeen Square in Lansdowne Park and feature a design competition and showcase space. **METRO**

Soccer

Fury make roster changes

Ottawa Fury FC announced Wednesday they will not exercise the contract options of defenders Ramon Soria and Kenny Caceros and forward Pierre-Rudolph Mayard. The club also said it had elected not to re-sign forward Vini Dantas. **METRO**

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This tag with the letters "BSK" was spray-painted inside a social housing complex on Gloucester Street. **TREVOR GREENWAY/METRO**

Tags in OCH stir concern

Graffiti problem.

Ottawa Community Housing resident says new vandalism makes him feel unsafe

Quoted

"I have a dog and I walk him at night, but now I am afraid to go out at night."

Alan Gemmilo, 170 Gloucester resident, on recent vandalism in his building



TREVOR GREENWAY
trevor.greenway@metronews.ca

Coming home to find spray paint on the outside of his building is one thing, but when Alan Gemmilo came home Sunday to find the tag "bsk" sprayed in the stairwell and on the walls of his 170 Gloucester St. apartment building, he was shocked and angered.

"This used to be a really nice building," said Gemmilo, who has lived at the Ottawa Community Housing (OCH) complex for the past two years. He said he has seen suspicious activity in the building and now fears for his safety, as he believes the tag is the mark of a youth gang in the area, the Break Skull Kids.

"I do feel unsafe," he told Metro Tuesday.

"I have a dog and I walk him at night, but now I am afraid to go out at night."

The culprits also broke lights and damaged the building.

OCH officials said they are aware of the vandalism and already have plans to remove the tag. CEO Stephane Giguere says it's the first time he has had complaints about graffiti

on the inside of a building and the vandalism is concerning, as it brings a level of violation to tenants in the building.

"It will always be a concern if anybody is doing any damage to our property, for sure," said Giguere. He said his organization has seen "sporadic" vandalism at several properties, but added there seems to be no pattern. He added that when there are frequent graffiti issues, OCH has employed mural projects to deter further tags.

"When we had occurrences of graffiti, we did a community project where we engaged partners to participate to make sure that we can paint it up and create a mural with it," said Giguere. "Usually, when it's community-driven, the graffiti stops almost immediately."

Giguere said community safety officers patrol from 2 p.m. until 8 a.m. and are on-call to deal with safety or vandalism issues.

The same "bsk" tag appeared on the Bacon Factory sign over the weekend and has also been spotted at other parts of the city, but police told Metro they have not heard of any youth gang called Break Skull Kids.

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Unlawful. Man charged with wearing uniform

A 44-year-old man has been charged after police alleged he wore military items and marched with veterans at three different Remembrance Day ceremonies in southern Ontario.

Police say a man was approached by an active member of the Canadian military on Nov. 9 at a Remembrance Day ceremony in Clarington, east of Oshawa.

It's alleged the suspect was wearing a red beret and military-issued medals and was seen marching with veterans and participating in the laying of wreaths.

Police say the active military member questioned the man about his past service and became suspicious as the medals were not consistent with the time served.

Investigators say the same suspect was also seen taking

Franck Gervais

A similar incident at Remembrance Day ceremonies in Ottawa resulted in charges against a 32-year-old Quebec man earlier this month.

- Franck Gervais of Cantley, Que., faces charges including personating a public officer, unlawful use of a military uniform and unlawful use of military decorations. He's due in court Dec. 9.

part in a Nov. 8 ceremony in the area and a Nov. 11 ceremony in nearby Bowmanville.

Eric Janssens of Clarington, Ont., is charged with unlawfully wearing a military uniform.

THE CANADIAN PRESS

Inquest. Witnesses recall scene at seniors' home

Witnesses to the seniors' home fire that killed 32 people in Quebec last January have described a horror-filled night with residents begging to be saved as flames engulfed them.

Conrad Morin was living on the top floor of the Residence du Havre in L'Isle-Verte when the blaze erupted just after midnight last Jan. 23.

In gripping testimony Wednesday at a coroner's inquest into the fire, the 89-year-old Morin said his first instinct was to save his wife, Eva, who lived on a lower floor because she had limited movement.

But as he rushed into the corridor he was forced back because of thick smoke, while his wife would die in the tragedy.

"I could hear women shout-

ing, 'Come get us, come get us,'" he told coroner Cyrille Delage, who is overseeing the inquest at the courthouse in Riviere-du-Loup. The former firefighter was able to get out via a door two floors above the ground after ripping off plastic weatherstripping.

The inquest also saw a video filmed by Nathalie Paquin Tanguay, who was travelling in the area with her family as the fire raged.

One of Paquin Tanguay's brothers, Pascal Paquin, said that by the time he saw the first firefighter, "it was already too late." Paquin testified he had the impression he had been at the scene "for an eternity" by the time they arrived.

THE CANADIAN PRESS

Broader access to come

N.B. to change abortion rules

The New Brunswick government is scrapping a section of a regulation that restricted access to abortion and set the province apart for its unique policies on the procedure.

Premier Brian Gallant said Wednesday that the planned amendments mean women will no longer have to get the approval of two doctors before having an abortion. The procedure will also no longer have to be done by a specialist.

THE CANADIAN PRESS

Crown psychiatrist

Magnotta knew right from wrong: Psychiatrist

A psychiatrist hired by the Crown cast doubt Wednesday on Luka Rocco Magnotta's defence that he was not criminally responsible the night he killed Jun Lin. Magnotta was aware of his actions when he killed and dismembered Lin in May 2012, Dr. Gilles Chamberland testified. Chamberland said there was enough in various reports to show the accused knew what he was doing. THE CANADIAN PRESS



Grey Cup lands in Vancouver

CFL Commissioner Mark Cohon gets a Navy escort as he carries the Grey Cup into Coal Harbour in Vancouver on Wednesday. The annual festival kicks off Thursday and runs through Sunday when the 102 Grey Cup will be held at BC Place between the Calgary Stampeders and Hamilton Tiger-Cats.

JENNIFER GAUTHIER/FOR METRO
IN VANCOUVER

CBC to air episode on Jian Ghomeshi

'The Unmaking of Jian Ghomeshi.' Upcoming Fifth Estate episode to explore 'what really happened'

CBC is promising to tell the story of "what really happened" with Jian Ghomeshi in an upcoming episode of The Fifth Estate.

The investigative program is set to run an hour-long documentary on the disgraced Q radio host Friday, titled The Unmaking of Jian Ghomeshi.

"There will be numerous revelations that will cast a new light on what happened," said Jim Williamson, executive producer of The Fifth Estate.

Williamson said several employees speak up in the episode for the first time about what they experienced.

The Fifth Estate pursued the story with support from CBC News senior management, and it will focus on what happened inside the CBC, not the criminal investigation, he said.

"In one sense it's a traditional Fifth Estate investigation, the kind we do when there is an important story of wide relevance. But it's untraditional because it is painfully close to home; it's about our own network, and touches on some of our colleagues," he said.

But everyone The Fifth Estate approached felt it was critical for the program to "delve deep," no matter how difficult that might be,

Quoted

"This is a vital story to tell since it touches so many people in so many different ways. And it has set off an unprecedented national discussion about workplace culture."

Jim Williamson, executive producer of The Fifth Estate

Williamson said.

"And so people opened up to us and told their stories. And now for the first time, viewers will get a much fuller picture about what really happened."

In a preview, Ghomeshi is described as "the breakout success the CBC needed," but says

that even as he became ubiquitous on TV, radio and at awards galas, there were "whispers and allegations."

The 47-year-old former CBC star was released on \$100,000 bail Wednesday after he was arrested on sex assault charges. His lawyer Marie Henein said he will plead not guilty and will not make any statements to the media.

Ghomeshi was fired by CBC on Oct. 26 after the public broadcaster said it had seen "graphic evidence" that he had physically injured a woman.

Since his dismissal, nine women have come forward with allegations that Ghomeshi sexually or physically assaulted them. Three of them filed police complaints.

THE CANADIAN PRESS

Tories still say Raynolds made contentious remarks

A Conservative cloak-and-dagger caper aimed at capturing a Liberal candidate in a verbal gaffe has taken another twist, with the governing party producing expert audio analysis to back up its version of who said what.

The Conservative party asked Edward J. Primeau, an audio forensic expert with 30 years' experience, to analyze the audio of a secretly recorded conversation involving Marlo Raynolds, the Liberal candidate

in Banff-Airdrie.

In a report to the party, given to The Canadian Press, Primeau concludes that it was indeed Raynolds who said the Tory income-splitting plan would give couples with children money that they'd waste on television sets and cars, rather than caring for their kids.

Raynolds was flabbergasted Wednesday to learn the Conservatives are refusing to back down, even though another individual involved in the

conversation, Tam McTavish, has said he's the one who uttered the offending remarks.

Sun Media has retracted the story on which the Tories based their attacks.

Raynolds said he'll continue demanding an apology "until I clear my name because I know what I said and Tam knows what he said."

For his part, McTavish said he'd be happy to provide the expert with another audio sample of his voice, repeating word

for word what is said in the disputed audio.

The audio — surreptitiously recorded by a woman identified as a Conservative operative who has conducted previous sting operations against Liberals — was given to Sun Media personality Brian Lilley. He attributed the remarks to Raynolds in a column and on his television show last week.

Sun Media issued a retraction Tuesday.

THE CANADIAN PRESS

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He's prepared. MP wears body camera to guard against 'besmirchment'

A Conservative MP issued a bizarre press release Wednesday claiming he uses a body-worn camera to guard against sexual misconduct allegations.

Peter Goldring, MP for Edmonton-East, suggested such cameras can help elected officials "prevent besmirchment when encounters run awry."

"It will not be good enough to simply say that your intentions were honourable and you were just inviting a colleague to your apart-

ment at two in the morning to play a game of 'Scrabble,' Goldring said. "MPs must learn, as I have ... that all do not tell the truth. I now wear 'protection' in the form of body-worn video recording equipment. I suggest others do so too."

Calls made to Goldring's office were not returned by press time. **LUKE SIMCOE/METRO**



Peter Goldring
THE CANADIAN PRESS

Ukraine

Canada donating cold-weather gear to Ukrainian army

Canada will send the Ukrainian army more than \$22 million worth of cold-weather gear, including jackets and boots, Defence Minister Rob Nicholson said Wednesday.

The donations come from surplus military stocks. The green clothing dates from the late 1990s, a defence official said. The Department of Foreign Affairs will follow up with an additional \$5 million in non-lethal aid in the new year, including a field hospital, tactical radios, night-vision goggles and bomb-disposal equipment, Nicholson said. **THE CANADIAN PRESS**

Canadians actually like their commute: Study



Commuters travel on the busy Gardiner Expressway looking east toward downtown Toronto on Sept. 16. DAVID COOPER/TORSTAR NEWS SERVICE

Time to relax, reflect. Many people say commuting improves their mood: Report

Canadians actually enjoy their commute and find it relaxing. That's the conclusion of a study released by Toronto ad agency Bensimon Byrne — a finding that runs contrary to the popular vision of commuters as harried and fed up, if not enraged.

"Even more surprisingly, three-quarters of commuters report being in a better mood after their commute," according to the survey conducted for Bensimon Byrne by the

Quoted

"The results are an eye-opener."

Max Valiquette of Bensimon Byrne

Gandalf Group.

"The results are an eye-opener and contradict the prevailing narrative of commuting, which is often conveyed as long and negatively affecting our work-life balance," said Max Valiquette, managing director of strategy at Bensimon Byrne.

"In fact, our findings show that having some time to relax and rest, or a few quiet moments to reflect is what makes commuting so important and desirable."

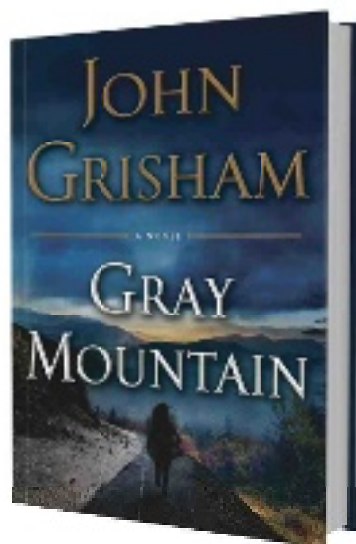
The online survey questioned 1,500 people in various regions of Canada, with an oversampling of commuters in the Greater Toronto Area.

Commuters in the GTA were less likely to be in a better mood after their commute (72 per cent) relative to the national average of 77 per cent, the survey found. And 16 per cent of respondents in the GTA dreaded their commute, versus the national average of 11 per cent. **THE CANADIAN PRESS**

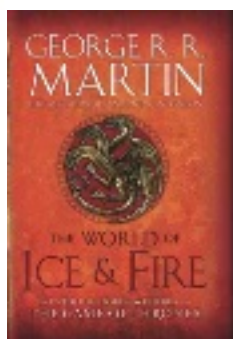
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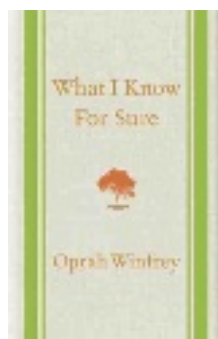
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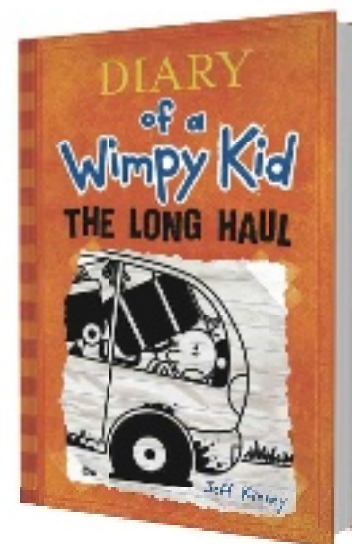
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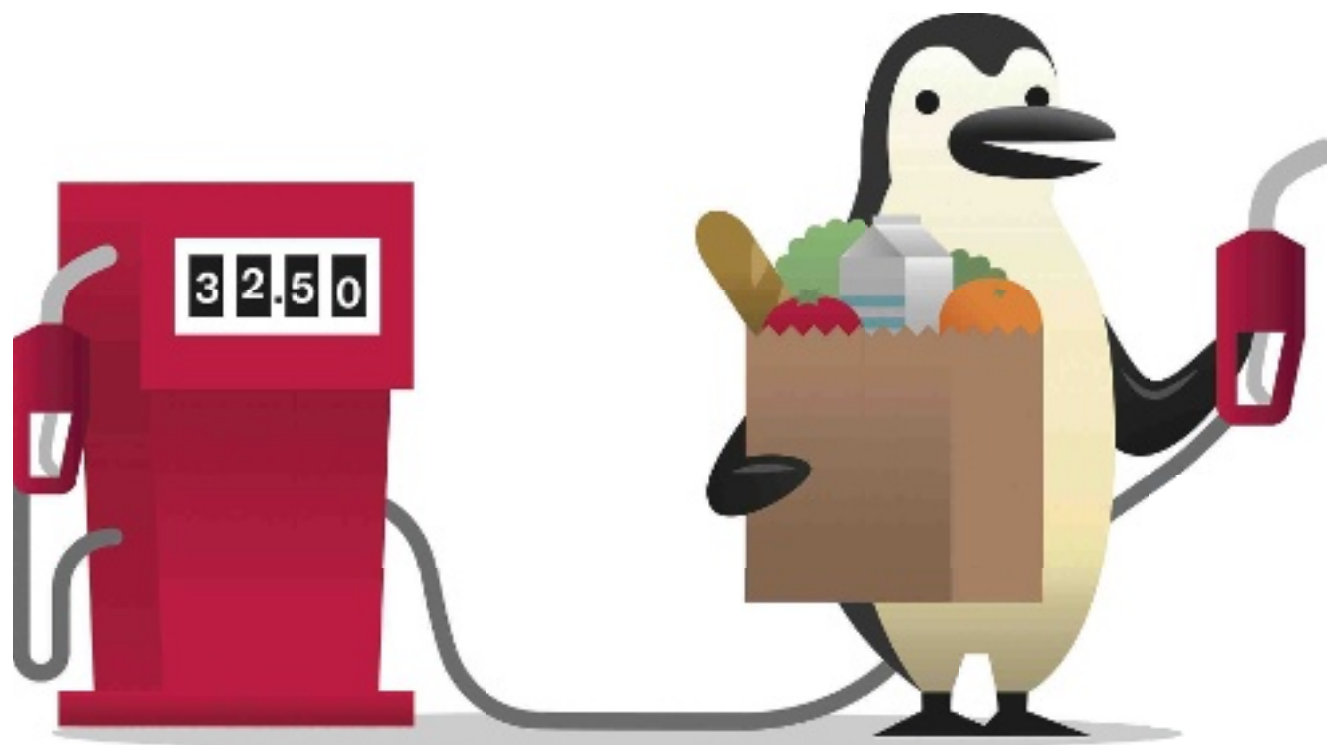
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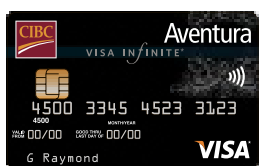
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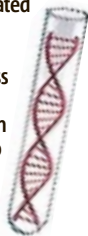
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Fear of genetic discrimination swaying patients from testing

When reporter Jessica Smith Cross learned a Silicon Valley genetics testing service, 23andme, is now offering Canadians a \$199 mail-in test, she was curious: How much could she learn from her DNA and how much should she learn? Today, Smith Cross looks into genetic discrimination and finds it's very real in Canada.

It's all in your genes

- This is the second in a three-part series in which reporter Jessica Smith Cross — who took 23andme's new mail-in genetics spit test — delves into the implications of increasingly easy testing in the complicated legal and ethical Canadian landscape.
- Tomorrow: Smith Cross on her results and whether or not to learn if she is predisposed to Alzheimer's.
- Read the whole package at metronews.ca



JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Dr. Ronald Cohn has a problem: His 12-year-old patient has one of two genetic diseases. One is treatable with medication, while the other requires constant monitoring and possible surgery to prevent sudden, early death. The question is: Which one does she have?

She and her father show symptoms — including extremely bendable joints and an enlarged heart vessel — consistent with the more easily treatable condition (Marfan syndrome), but also consistent with Loeys-Dietz, the potentially-fatal disease.

Dr. Cohn has recommended the girl — or her father — undergo a painless genetic test, easily done using saliva. As both diseases are inherited, if the father has the genetic mutation causing Loeys-Dietz, the daughter would likely have it, too.

But her parents refused to consent to the test, fearing it would open the father and daughter to genetic discrimination.

"The father was very quick to understand, 'Well, if I do this and I don't have life insurance and long-term disability insurance at the moment, I won't be able to get it if I have the disease,'" Cohn, the co-director of the Centre for Genetic Medicine at the Hospital for Sick Children in Toronto, told me.

Cohn said he has been



Chiropractor Brynne Stainsby, seen in her Markham, Ont., office studio, faced genetic discrimination when she applied for insurance. TARIN ELBERT/METRO

treating the girl under the assumption she has Loeys-Dietz. The child comes to the hospital regularly for ultrasounds of her heart and management of a disease she may not have.

"She may not have to live with this," he said. "(If the test came out negative) the family wouldn't have to live with the anxiety that she has

a very aggressive form of a heart disease."

Cohn is one of the proponents of the proposed Genetic Non-Discrimination Act to prevent genetic discrimination (for example, in employment or insurance coverage). The bill is currently before the Standing Senate Committee on Human Rights.

Cohn testified before the

committee last month that fear of genetic discrimination has stopped many of his patients' parents from allowing genetic testing that could help their children and prevent unnecessary procedures.

Genetic discrimination is real

Brynne Stainsby has experi-

On the benefits of genetic testing



"She (a 12-year-old patient) may not have to live with this ... the family wouldn't have to live with the anxiety that she has a very aggressive form of a heart disease."

Dr. Ronald Cohn, co-director of the Centre for Genetic Medicine at the Hospital for Sick Children in Toronto

Senator's bill

- A spokesperson for Minister of Justice Peter McKay said the government will continue to review Sen. James Cowan's bill to ban genetic discrimination.
- He will also encourage the provinces to take steps to protect Canadians from genetic discrimination, as most workplaces fall under provincial labour law.

career and retired healthy, it's likely she would, too, if found to have the gene.

She was able to get a policy with small coverage through an independent insurer — as she only had to tell them that she had no knowledge of personal health issues. They did not ask about family genetic history.

After getting the policy, she felt confident getting tested and found she does not carry the gene. She was then able to get a larger policy.

The insurance industry's stance

The insurance industry generally opposes the Genetic Non-Discrimination Act. Frank Zinatelli, vice-president and counsel for the Canadian Life and Health Insurance Association, said the industry has real concerns about the bill.

The industry fears people will take a genetic test, learn their life expectancy is short and then take out a policy and withhold that information, Zinatelli said. If this becomes a trend, the industry would have to raise insurance premiums across the board.

However, Canada's privacy commissioner's office disagrees. It commissioned research that found that a ban on the use of genetic test results by the life and health insurance industry would not have a significant impact on insurers or insurance markets. Similar legislation — the Genetic Information Nondiscrimination Act (GINA) — is currently in place in the U.S.

However, Zinatelli argues that, while genetic information is only used to a small degree today by both the industry and consumers, the industry expects it to be used more so in the future.

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High Arctic no refuge for polar bears if climate change continues

New study. If global temperatures increase and arctic ice melts, polar bears could face dire starvation

A new study, published Wednesday in an online science journal, says climate change is on track to push polar bears into dire straits throughout the High Arctic region by the end of the century.

Even co-author Andy Derocher, a polar bear expert at the University of Alberta who is no stranger to gloomy news, was taken aback by the results.

"I had hung my hopes on the idea that polar bears would persist out to the end of this century, allowing us to go into some sort of conservation mode," he said.

"But now, looking at this

work and this modelling, it does not look very good. I'm not as optimistic as I used to be."

The paper, published in PLOS ONE, uses the latest data to project what would happen to sea ice in the islands north-west of the Gulf of Boothia if global temperatures increased by 3.5 degrees Celsius. Derocher acknowledges that's a "severe" amount of warming, but it's a level the planet is on track for if significant measures to curb greenhouse gas emissions aren't enacted.

Such warming would lead to more and more years in which waters used by specific polar bear populations would be ice free for more than 180 days, the study says. That would mean more and more years in which the bears couldn't use the hunting platform they need to get their fat-rich seals for at least six months.

The study adds urgency to



Canadian polar bears could be facing extinction sooner than experts realized. JONATHAN HAYWARD/THE CANADIAN PRESS

efforts to fight climate change, said Paul Crowley of the World Wildlife Fund, which advocates the High Arctic be managed to

give the bears the best chance at survival.

"If we do have reduction of emissions by 2050, then we're

looking at sea ice that could regrow and habitat that could bounce back," he said.

THE CANADIAN PRESS

Analysis

The effect of 180 ice-free days

At 180 ice-free days, starvation would likely be able to kill off between nine and 21 per cent of adult male bears, with females and cubs more vulnerable.

At the same time, the ice would be breaking up earlier and forming later, which would affect how successful females were in raising their cubs. Early breakup can cause reproductive failure in anywhere from half to all of pregnant sows. Caught between increasingly frequent years of poor sea ice and increasingly poor birth rates, the bears would eventually be squeezed out.

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Teens who've had head injuries more likely to use drugs, booze

Teenagers who have suffered a concussion or other traumatic brain injury are more likely to report using alcohol and drugs compared to peers with no history of such an injury, researchers have found.

Use of non-prescribed tranquilizers and opioids as well as illicit drugs like cannabis, cocaine and crystal meth was two to four times higher among Ontario high school students who had experienced a traumatic brain injury (TBI) than classmates who hadn't had a serious blow to the head, the researchers reported in a study published Wednesday in the Journal of Head Trauma Rehabilitation.

The study, which analyzed data from the 2011 Ontario Student Drug Use and Health Survey, found that one in five of the Grade 9 to 12 students reported they'd had a previous TBI.

Students in this group were also nearly twice as likely to have engaged in binge drinking — consuming five or more alcoholic drinks in one sitting — in the previous month.

"It's a really toxic combination when you have the two together," co-principal researcher Dr. Michael Cusimano said of mixing a head trauma with alcohol or drug use. "And it's alarming how early this is occurring."

As well, adolescence is an age when the brain is still developing — and having a TBI and exposing the brain to the effects of alcohol or drugs may "greatly impair" that development, he said.

Researchers defined a TBI as any hit or blow to the head that resulted in a student being knocked unconscious for at least five minutes or spending at least one night in hospital due to symptoms associated with the injury.

Data allowed researchers to determine substance use habits and TBI history, but not which came first — the brain injury or the alcohol and/or drug use. THE CANADIAN PRESS

TransCanada cuts ties with U.S. PR firm over campaign tactics

TransCanada has cut ties with multinational firm Edelman on the campaign to build support for a plan to bring Alberta's oil sands crude to eastern refineries after it recommended secretly using third parties to attack the pipeline's opponents.

The tactics were contained

in documents leaked to the environmental group Greenpeace.

"In the current environment, we can't have the respectful conversation that we want to have with Canadians and Quebecers about Energy East," TransCanada spokesman Tim Duboyce said Wednesday

in a release.

Edelman recommended working with proxies to secretly "add layers of difficulties for our opponents," the documents say. The plan suggested TransCanada conduct research on environmental groups and hand the results over to third parties. THE CANADIAN PRESS

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Bob McCulloch. Prosecutor faces renewed criticism

He criticized the media. He talked about witness testimony that didn't match physical evidence. And he did it at night, as a city already on edge waited to learn if a grand jury would indict a white Ferguson police officer in the shooting death of an unarmed black 18-year-old.

St. Louis County Prosecutor Bob McCulloch — whose impartiality has been questioned since soon after Michael Brown was killed by Officer Darren Wilson on Aug. 9 — has come under renewed scrutiny since he appeared before television

cameras to announce that the grand jury would not indict Wilson. A defensive McCulloch repeatedly cited what he said were inconsistencies and erroneous witness accounts. He never mentioned that Brown was unarmed.

Attorneys for Brown's family and activists said Tuesday that everything from how evidence was presented to the grand jury to the way McCulloch delivered the news of its decision bolstered their belief that the outcome was predetermined by McCulloch, who has deep family roots and relationships with police.

"This grand jury decision, we feel, is a reflection of the sentiment of those that presented the evidence," Anthony Gray, an attorney for Brown's family, said at a news conference.

Activists and Brown family attorneys had asked McCulloch — whose father, a police officer, was killed while responding to a call involving a black suspect — to appoint a special prosecutor.

THE ASSOCIATED PRESS



St. Louis County Prosecutor Bob McCulloch. THE ASSOCIATED PRESS

Protesters angry at Ferguson ruling rush St. Louis City Hall



A protester is arrested outside of St. Louis City Hall on Wednesday. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Mock trial of officer Darren Wilson. At least two arrested

Several people protesting the Ferguson grand jury decision stormed into city hall in St. Louis on Wednesday, leading police to lock down the building and to call in more than a hundred additional officers.

At least two people were arrested after the incident, in which the protesters shouted "Shame, shame" while rushing into the building.

Those who made it inside were part of a group of about 300 protesters who marched and held a mock trial of Darren Wilson, the Ferguson police officer who shot and killed 18-year-old Michael Brown during an Aug. 9 confrontation in the St. Louis suburb.

An influx of National Guardsmen helped make the second night of protests after the grand jury's decision not

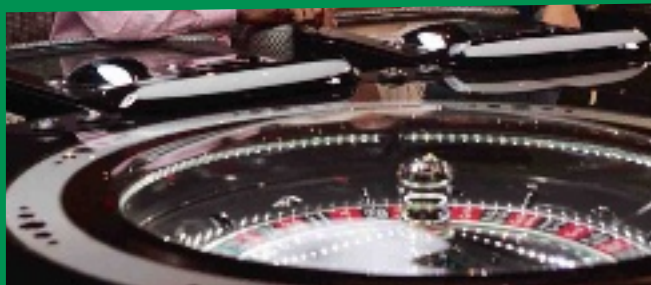
to indict Wilson much calmer than the first, when 12 commercial buildings were burned down and several others were set ablaze. There were 58 arrests overnight at area protests, including 45 in Ferguson and 13 in St. Louis.

Demonstrators took to the streets again Tuesday night, but there were hundreds of additional troops standing watch over neighbourhoods and businesses. Officers still used some tear gas and pepper spray, and demonstrators set a squad car on fire and broke windows at city hall.

Since the grand jury's decision was announced, protesters throughout the country have rallied behind the refrain "hands up, don't shoot," and drawn attention to other police killings. As the tension in Ferguson eased somewhat, Wilson broke his long public silence, insisting on national television that he could not have done anything differently in the confrontation.

THE ASSOCIATED PRESS

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Hope. Ebola outbreak in Sierra Leone may have reached peak: Minister

The Ebola outbreak in Sierra Leone, which has been surging in recent days, may have reached its peak and could be on the verge of slowing down, Sierra Leone's information minister said Wednesday.

But in a reminder of how serious the situation is in Sierra Leone, the World Health Organization said the country accounted for more than half of the new cases in the hardest-hit countries in the past week. By contrast, infections appear to be either stabilizing or declining in Guinea and Liberia, where vigorous campaigning for a Senate election this week suggests the disease might be loosening its grip.

In all, 15,935 people have been sickened with Ebola in West Africa and other places it has occasionally popped up. Of those, 5,689 have died.

Alpha Kanu, Sierra Leone's minister of information, told journalists that with the imminent completion of two British-built treatment cen-

'Far behind'

Sierra Leone has nearly 6,600 of the reported Ebola cases, with about 1,400 deaths, and the infections are increasing swiftly.

- The World Health Organization said Wednesday both Sierra Leone and Liberia appeared to be far behind the UN goal of isolating 70 per cent of patients by Dec. 1, with only 20 per cent isolated.

tres, the worst could be over.

"We believe that now that those treatment centres are ready, the transmission of new cases will start reducing," he said. "I don't think we can get any higher than we are now — we are at the plateau of the curve ... we will have a downward trend, once we have somewhere to take people," said Kanu.

THE ASSOCIATED PRESS



Iranian Jews finding a new acceptance

In this photo collage, Iranian Jews each pose holding a painting of Moses with the Ten Commandments, after prayers at the Molla Agha Baba Synagogue, in the city of Yazd, 676 kilometres south of Tehran, Iran, a home for Jews for more than 3,000 years. It has the Middle East's largest Jewish population outside of Israel, a perennial foe of the country. But while Iran's Jews in recent years had their faith continually criticized by the country's previous government, they've found new acceptance from moderate President Hassan Rouhani.

EBRAHIM NOROOZI/THE ASSOCIATED PRESS

Nigeria

Boko Haram suspected of killing villagers

Suspected Boko Haram gunmen killed at least 20 people in an attack Monday on two villages on the outskirts of Chibok, the town where

more than 200 schoolgirls were abducted in April, said a Nigerian official.

Attackers struck Kamtahi and Galtimari villages, burning houses and forcing residents to flee, said Mohammed Abbas Gava. "Virtually every house in the two villages was burnt to ash," said Gava.

THE ASSOCIATED PRESS

Syria

Airstrikes on Islamic State stronghold kill at least 95

The death toll from a series of Syrian government airstrikes on the Islamic State group's stronghold

in northeastern Syria has risen to at least 95, making it one of the deadliest attacks on the city of Raqqa in the past three years, activists said Wednesday.

Some of the Tuesday airstrikes hit a popular market near a museum, causing many civilian casualties. At least 120 others were wounded. THE ASSOCIATED PRESS

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Russian tiger hits up Chinese farm

Ustin. The Siberian tiger, released into the wild by Putin, has killed 15 goats and left another three missing

A rare Siberian tiger released into the wild by Russian President Vladimir Putin is keeping farmers in north-eastern China on edge.

China's official Xinhua News Agency said Wednesday that the animal, named Ustin, bit and killed 15 goats and left another three missing on Sunday and Monday on a farm in Heilongjiang province's Fuyuan county.

Xinhua said the farm's owner, Guo Yulin, was stressed about the tiger, but that he would be compensated by the local forestry department for the loss of the 18 goats.

Chicken-eating Kuzya

The other tiger to enter China, Kuzya, was believed to have raided a farm and eaten five chickens last month in another Heilongjiang county.

According to Xinhua, Russian experts rescued five tiger cubs two years ago. Ustin was one of three released by Putin in May in a remote part of the Amur region, which straddles the border between far-eastern Russia and north-eastern China.

Two of the tigers entered China. They were fitted with tracking devices and are monitored by Chinese wildlife protection workers.

The other tiger to enter China, Kuzya, was believed to have raided a farm and eaten five chickens last

month in another Heilongjiang county.

Guo told Xinhua that he was alerted by dog barks on Sunday night, but that his check turned up nothing unusual. He said he woke up the next morning to find two goats dead and three others missing.

Xinhua said the goats' skulls were crushed by the tiger and that a hole the size of a human finger was visible on each goat's head.

The farmer said the tiger returned the following night but made no noise at all.

"When I opened the goat house in the morning, dead goats were everywhere," Guo said, according to Xinhua.

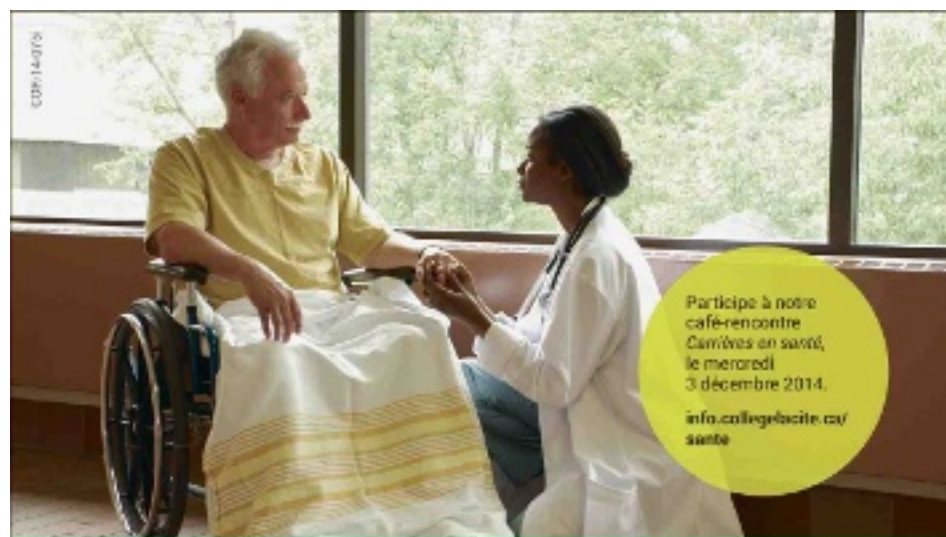
Local experts found the tiger's footprints around the goat house and on its roof, Xinhua reported. Guo was asked to either relocate his goats or reinforce his farm, it said.

THE ASSOCIATED PRESS



A white cub? Is that true or are you lion?

In this photo provided on Wednesday by the Henry Doorly Zoo and Aquarium, a white male cub nurses at the Omaha, Neb., zoo. Zoo officials say the cub is one of three — two boys and one girl — born late last week to Ahadi, one of the zoo's lionesses. HENRY DOORLY ZOO AND AQUARIUM/THE ASSOCIATED PRESS



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Shakespeare first folio discovered by accident

The accidental discovery in a small library in northern France of an original first folio of Shakespeare's plays has sent a jolt of excitement around the world of Shakespeare scholars.

The find brings the total of known folios in the world to 233, and is significant, as each first folio can contain variations that shed light on the bard's intentions.

Among the 900 pages of the most recent discovery are rare annotations that suggest it was used for performance.

The annotations "might tell us something about Shakespeare's reception at the time, how they were thought of as text for performance," said Stanley Wells, honorary president of the Shakespeare Birthplace Trust.

Scholars have not yet had a chance to carry out the painstaking comparisons with the texts of other folios to determine what variations the latest discovery may contain.

Remy Cordonnier, the director of the Saint-Omer library's medieval and early modern collection, happened upon the folio among the belongings of a Jesuit evangelist that were bequeathed from a



A page of the newly discovered Shakespeare's original first folio is seen in the Saint-Omer library, in France on Wednesday. MICHEL SPINGLER/THE ASSOCIATED PRESS

now-defunct Jesuit college in the town.

"I first tried to keep a level head as I wasn't sure 100 per cent of its authenticity," Cordonnier said.

Missing were 12 title pages, which record the printing date and location. So Cordonnier sought the help of Eric Rasmussen, a Nevada-based specialist in Shakespeare first folios, who travelled to the small town near Calais to examine it.

Rasmussen concluded

that it was among about 750 Shakespeare first folios printed in 1623, seven years after the playwright died.

The first folios are the first complete printed collections of Shakespeare's plays. Sixteen Shakespeare plays, including The Tempest and Macbeth, were not printed in the bard's lifetime — meaning the first folio saved them from oblivion. One first folio in 2006 sold at Christie's for \$6.8 million.

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Israeli police deploy sophisticated spy balloons over Jerusalem skies

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Israeli police watch rock-throwing Palestinian kids, and many others, via balloon security

Israeli police are watching from above in their attempts to keep control in Jerusalem in the face of the city's worst wave of violence in nearly a decade.

Police have been flying surveillance balloons over the city's eastern sector and Old City — the location of its most-sensitive holy sites — to monitor protests and move in on them quickly. They say the puffy white balloons, which carry a rotating spherical camera pod, have greatly helped quell the unrest. But the eyes in the sky are un-



A Skystar 180 aerostat system flies over land. The Israel-based firm that makes the Skystar 180 said the balloons can stay in the air for 72 hours and carry sensitive cameras to assist security forces. RT LTA SYSTEMS/THE ASSOCIATED PRESS

nerving Palestinians.

"They want to discover everything that's going on. (They see) who is going, who

is coming, who is that person," said Imad Muna, who works at a local bookstore.

The Israeli company that

makes the Skystar 180 aerostat system says the balloons can stay in the air for 72 hours and carry highly sensi-

tive cameras.

Rami Shmueli, the CEO of RT LTA Systems Ltd, said his company gives police a "third dimension" in their quest to quell tensions in east Jerusalem, where they have been clashing regularly with masked youths hurling rocks and firebombs.

"We give them an aerial view of the streets and those people who are throwing stones; we can detect them even if they hide behind buildings or in gardens," said Shmueli. "When we see them and when we see their activity, we can direct the police forces to their location. And even if they escape we can follow them and make sure that police catch them."

Over the past month, 11 people have been killed in Palestinian attacks, including a deadly assault last week on a Jerusalem synagogue that killed five. **THE ASSOCIATED PRESS**

Eye in the sky

The Skystar system is also currently deployed in Afghanistan, Mexico, Thailand, Canada, Russia, in various countries in Africa and was used for security at the World Cup in Brazil, the company says.

- Police have arrested some 1,000 protesters since the summer, when the violence erupted following the killing of a 16-year-old Palestinian boy by Jewish extremists in a revenge attack for the earlier killing of three Israeli teens in the West Bank.
- Most of the violence has occurred in Jerusalem, along with attacks in Tel Aviv and the West Bank.

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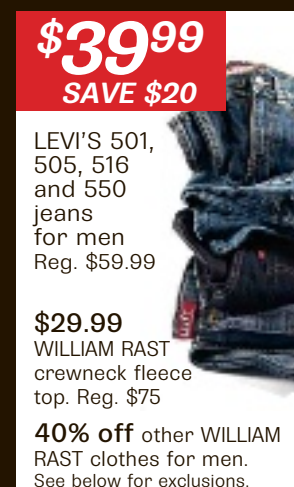


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Overhaul our tax system, report says

C.D. Howe Institute.
A revamp of Canada's system would create fairness, argues paper's author

A new research paper for the C.D. Howe Institute says Canada can help combat rising income inequality by taxing people separately for their paycheque and investment income.

The paper's author says applying a flat rate on investment income would create fairness by closing legal, taxation-avoiding tactics — most-

ly used by higher-income earners.

Kevin Milligan of the University of British Columbia also recommends adding a tax bracket for annual incomes of \$250,000 and perhaps another one at \$400,000.

Milligan says the changes could open the door to other reforms on consumption taxes, environmental taxes and corporate taxes — which could help promote economic growth.

He says Canada's income-inequality gap has widened considerably over the past 30 years, even though it hasn't kept pace with the divide in the United States.

Rich get richer

150%

The paper's author says over the past 30 years Canadians in the top 0.01 per cent of earners have seen their incomes rise by 150 per cent, while those in the bottom 90 per cent have only seen eight per cent growth

Still, he says over that period Canadians in the top 0.01 per cent of earners have seen their incomes rise by 150 per cent, while those in the bottom 90 per cent have only seen eight per cent growth.

Canada's tax system, Milligan added, was developed in the 1960s and no longer fits today's economic reality.

"What's interesting is our tax system hasn't responded at all to that very large change in the distribution of income," said Milligan, also a fellow-in-residence for the C.D. Howe think-tank, in an interview.

THE CANADIAN PRESS

Quoted

"We need to look seriously at a number of tax reforms that would improve the efficiency of our economy and provide a better environment for investment to provide the jobs for the future."

Kevin Milligan, a fellow-in-residence for the C.D. Howe think-tank, in an interview

Firearm checks piling up

More gun sales than ever are slipping through the federal background-check system in the U.S. — 186,000 last year, a rate of 512 gun sales a day, as states fail to consistently provide thorough, real-time updates on criminal and mental histories to the FBI.

At no time of year is this problem more urgent. This Friday opens the busiest season for gun purchases, when requests for background checks speed up to nearly two a second, testing the limits of the National Instant Criminal Background

Check System, or NICS.

The stakes are high: In the U.S., there are already nine guns for every 10 people, and someone is killed with a firearm every 16 minutes. Mass shootings are happening every few weeks.

"We have a perfect storm coming," FBI manager Kimberly Del Greco told The Associated Press during a rare glimpse into the inner workings of the system.

Much of the responsibility for preventing criminals and the mentally ill from

buying guns is shouldered by about 500 men and women who run the system from inside the FBI's criminal-justice centre, a grey office building with concrete walls and mirrored windows just outside Bridgeport, West Va.

By federal law, NICS researchers must race against the clock: they have until the end of the third business day following an attempted firearm purchase to determine whether or not a buyer is eligible.

THE ASSOCIATED PRESS

Ad. Thailand tries reverse psychology to get tourists

It's been a bad year for tourism in Thailand, and at first glance it looked like a new YouTube video was adding to the misery.

The video called I Hate Thailand drew more than a million views within days of being posted last week.

But it turns out the clip was produced by Thailand's tourism authority, using a strategy of reverse psychology to attract tourists after the country's image was battered by a military

coup in May and the brutal murders of two British tourists on an idyllic beach in September.

The five-minute video shows an angry British tourist on a beach. He introduces himself as James and says his bag was stolen: "I hate this place. I hate Thailand," he tells a handheld camera. After mouthing off to a policeman, he meets an attractive Thai woman and finds reasons to like Thailand.

THE ASSOCIATED PRESS



Thanksgiving in England

Danny Lidgate displays a turkey at his butcher shop in Holland Park in London on Tuesday. Plump turkeys in butcher-shop windows. Harvest displays of pumpkin and corn. Sandwich boards describing groaning feasts. Thanksgiving isn't a holiday in Britain, but you might be forgiven for being fooled. It's not hard to find someone to talk turkey, never mind sell you one. That's because there are so many Americans in Britain these days that dozens of businesses have started selling the goods they need to celebrate.

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

CRTC

Internet market doesn't need more regulation: Bell

Canada's Internet market is already highly competitive and should not be regulated further, says Bell Canada. Bell is telling the telecom regulator its investment in so-called fibre-to-home technology would slow or stop should it be forced to offer smaller competitors greater access to its networks.

THE CANADIAN PRESS

Had forecast a loss

Canada Post on track for profit

Despite more people still choosing email over snail mail, the Canada Post Group of Companies says it's on track to earn a profit this year, defying an earlier forecast for a multimillion-dollar loss. The Crown corporation said it earned \$84 million before tax for the first three quarters of the year.

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VOICES

IT'S NOT ABOUT GHOMESHI

Metro's Kristen Thompson wishes we weren't talking about the disgraced radio host facing criminal charges, either. But to not talk about it is to ignore the countless victims of sexual assault that need us to keep the conversation going



KRISTEN THOMPSON
kristen.thompson@metronews.ca

Sick of hearing about Jian Ghomeshi?

Let me inundate you with even more analysis, not because I want to make you miserable, but because I think it's important. In fact, I think it's a matter of life and death. Before you turn the page, hear me out.

Jian Ghomeshi has been charged and the case is in the courts, but this isn't the time to turn our backs on the story.

If we do so, it will end an important dialogue about sexual violence, and that puts women in danger.

Dalya Israel, manager of victims services at Women Against Violence Against Women, a rape crisis centre in Vancouver, agrees.

High-profile cases of sexual assault are an opportunity to talk about what constitutes consent, and to educate men and boys about what it means to value another human being as equal, Israel said. Because of this, it's imperative to keep the discourse going.

For the women who have accused Ghomeshi of assault



Police try to clear a path as Jian Ghomeshi makes his way through a mob of media to a waiting vehicle at a Toronto court Wednesday.

NATHAN DENETTE/THE CANADIAN PRESS

— especially those who may have to testify — these charges also signal the start of another chapter, one that can be hugely painful.

Victims of sex assault, who may have already told their story to police and their lawyer, may also have to testify at

a preliminary inquiry and then in court, re-living their experience over and over for what could be months or years.

With women's sexuality already being highly scrutinized in our society, having it analyzed and questioned in court, and — in high-profile cases

— in the media, is humiliating and degrading, said Israel.

"It's incredibly difficult to have to re-tell and talk about all of the fine details," she said.

Fear of humiliation and being re-victimized through the legal process is why Israel said around 70 per cent of

women she works with don't want to go to police. Some general statistics would place that number even higher, at around 90 per cent.

These people often face depression and thoughts of suicide.

"There are many, many

Not everyone wants to report

"There are many, many women that absolutely don't want to go through the process."

Dalya Israel, rape crisis centre manager

women that absolutely don't want to go through the process and feel like it would be way worse than just healing from the assault," she said. "But there are equally women that ... want to be able to tell their truth in court and want somebody to know what this person has done to them.

"I think we've kind of seen that with ... what's going on in the Cosby case," she said.

Israel said it can be validating for some women to know others have come forward.

"Some women feel like finally (they) don't have to keep a secret anymore."

So if you're sick of hearing about Ghomeshi, stop and think about why we're being oversaturated with this story.

It's not about Ghomeshi; it's about sexual violence.

And if we close the door on this story, we close the door on victims of assault.

Watershed moment won't come, but change is happening



EDWARD KEENAN
readers@metronews.ca

We believe you. We believe you. We believe you.

It's a message that has grown into a mantra in the court of public opinion over the past month, expressed in sadness and anger, in support of the women who have spoken about being allegedly sexually and physically abused by Jian Ghomeshi.

At the same time, it has suddenly become the message to women, ignored for years when they talked about being drugged and raped by Bill Cosby.

It was the message Justin

Trudeau seemed to want to convey in expelling two members of his caucus over reports from women who are members of a different party.

Yesterday the police delivered the same message to three of the women who formally reported their stories about Ghomeshi:

We believe you.

The stories of these women have seized the consciousness of the moment. It seems possible to imagine that perhaps the same message will carry to every woman who is raped, assaulted, or harassed; to every victim of sexual abuse with a story she's been afraid to tell: We will believe you.

Or perhaps it has just be-

Progress

It feels like a crack has opened up in the understanding of many people. Including me.

come possible for many to allow themselves to hope for it.

My friend Denise Balkissoon wrote a column last month for the Globe and Mail that read like a rhetorical flamethrower incinerating any sanctimonious talk of "watershed moments" or cultural breakthroughs when it comes to violence against women.

She had reported domestic abuse to the police, saw the perpetrator sentenced to pro-

bation, and found the reporting process "essentially useless and thoroughly disappointing."

I hear and understand Denise. More than that, I believe her that we should resist the impulse to congratulate ourselves on reaching the promised land of wisdom and sensitivity. It's not a watershed.

But it is something. Something is shifting. It feels real. There's a conversation go-

ing on, one that feels like progress.

It's not enough, and it will not suddenly and permanently transform the culture. But it feels like a crack has opened up in the understanding of many people. Including me.

As a man, a father, a citizen, a human being, I hope it is the start of something sustained, a longer process to better understanding, better treatment of each other, better lives.

There likely is no "watershed moment" to be had, because such societal changes are a gradual process.

But this month, leading up to the arrest of Ghomeshi this week, marks some kind of

milestone in that process in Toronto and in Canada.

A time when many women started feeling more comfortable — or more compelled by anger — to talk about their experiences.

And when many of us were shocked into hearing them when we had been negligently deaf for years.

Here's a prayer offered in hope rather than expectation: Let "we believe you" become our response to any woman who tells us about how she has been hurt.

And then let us make real changes to our attitudes, behaviour and institutions so that fewer women have such stories to tell.

It's lonely being out at the game

Memoir. Robbie Rogers shares what it's like to be an openly gay pro athlete in the U.S.

Los Angeles Galaxy soccer star Robbie Rogers wants some company, now that he's the last man standing as an openly gay athlete in a U.S. professional league.

Jason Collins recently retired from the NBA, and Michael Sam is without an NFL team. That leaves Rogers, the first openly gay player in Major League Soccer, hoping for a bigger fraternity.

"To be honest, I thought when I came out and Jason and Michael, I thought there'd be a chain reaction," Rogers said in a recent phone interview. "It's been a lot slower. I guess that just reminds me how big a problem it is in sports culture with homophobia. They don't feel comfortable."

Rogers chronicles his struggles with soccer, faith and family acceptance in the memoir *Coming Out To Play*, released this week by Penguin Books. It's a collaborative effort with Eric Marcus, who co-wrote Greg Louganis' book, and recollections from his mother and oldest sister. Rogers discusses growing up in Southern California, playing soccer in U.S. and European leagues and dealing with his sexuality.

On Sunday, he helped the Galaxy defeat Seattle 1-0 in the opener of the Western Conference finals. He's been a key defender this season after briefly retiring from the sport last year at age 25.

Rogers recently signed a contract extension, and the Galaxy players have embraced him. But locker rooms notoriously weren't a safe environment to talk about sexuality,



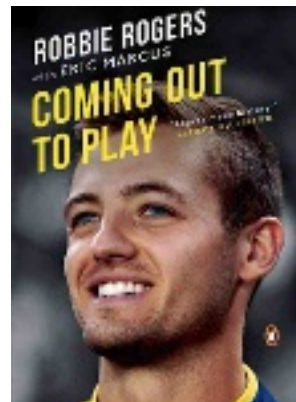
Robbie Rogers simultaneously came out and retired from pro soccer in a blog post in February 2013, thinking he couldn't be an openly gay man and pro soccer player. He has since returned to playing soccer. GETTY IMAGES

except for teammates bragging about their heterosexual conquests.

"Like every locker room I'd been in for years now, 'fag' and 'gay' were tossed around like an all-purpose putdown," he wrote. "It cut deeper into an already raw wound."

So Rogers stifled his feelings, occasionally dating women to

please his questioning teammates and family. After playing five seasons for the Columbus Crew in MLS, with stints in the Netherlands and England, he realized his happiness required living an authentic life. So he simultaneously came out and retired in a blog post in February 2013, thinking he couldn't be an openly gay man and a pro



Early years

Rogers was a prodigy growing up, playing organized soccer at four. As a teenager, he competed on the Orange County Blue Star team. Jurgen Klinsmann, now the coach of the U.S. national team, would occasionally stop by. His favourite players were European stars Thierry Henry and Zinedine Zidane. After helping Maryland win the 2005 NCAA title as a freshman, Rogers turned pro and went to the Netherlands. Playing for Leeds United in 2012, he sustained a concussion 12 minutes into his debut, colliding with an opponent while going for a header. An ankle injury intensified his depression and isolation, and he eventually returned to the U.S.

soccer player.

But an outpouring of support, conversations with Los Angeles star Landon Donovan and an invitation from Galaxy coach Bruce Arena to train with the team caused a change of heart.

Now the Galaxy are vying for a spot in the MLS final, Rogers is in a steady relation-

ship and hoping more pro sports leagues provide education about diversity. That way, a teammate might think twice before throwing around gay slurs in the locker room.

Comfort zone

There are currently no openly gay players in the NFL, NHL or Major League Baseball. "There are a number of gay men playing professional sports, just not out," Rogers says. "In the end, it's really about guys coming out and changing the atmosphere by being in it. You definitely need to create the environment first where guys feel comfortable."

Baseball hired Billy Bean, who came out after his MLB career, to talk to all 30 teams about inclusion. Rogers says teams need to educate players on "racism, sexism and homophobia. The leagues should have a person there guys can go talk to, honestly. Talk about mental health or depression or guys wanting to come out."

Family/faith

Rogers heard negative comments about gay people at home, church, school and in the locker room. He considers his family "socially and politically conservative and very Catholic." Rogers says his family is loving and close, yet there were harsh comments from his father about not being a "fairy" and negative comments from his mother about gay celebrities and gay marriage.

"Growing up, I heard and saw plenty that made me think that being gay was bad, defective and sinful," Rogers wrote.

He came out to his family, despite the fear of rejection, before posting his blog. Now he says his parents, three sisters and younger brother are his biggest supporters.

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Exploring the darkness behind Into the Wild

Books. Sister of Chris McCandless hopes new revelations about their upbringing will help explain her brother's fatal Alaskan odyssey

JENNIFER PRITTIE

jennifer.prittie@metronews.ca

It's hard to find someone who doesn't have an opinion about Chris McCandless. You likely already know the bare bones of his story: Young hiker walks into the Alaskan wilderness with a .22-calibre rifle and a 10-pound bag of rice, determined to live off the land, test his own mettle and come to grips with some weighty questions. Several months later, his emaciated body is found by hunters in an abandoned bus, along with a diary of his increasingly futile efforts to survive.

What would drive anyone to take such a risk? Author Jon Krakauer did his best to answer that in a high-profile article for



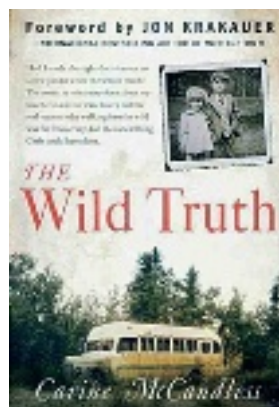
Chris McCandless took this self-portrait in front of the bus off Alaska's Stampede Trail where he lived in the last months of his life. CONTRIBUTED

Outside magazine, then in the highly regarded 1996 book *Into the Wild*.

Chris, it transpired, was a top student and athlete from a well-off Washington, D.C.-area family who was poised for success, but instead chose to renounce material goods, a career and, at times, society. Upon graduating from university, he had donated his savings to charity,

burned his cash and set out on the road. His family didn't hear from him again.

The book was notably even-handed, but it provoked a staggeringly wide range of interpretation. To this day, McCandless debates still run at fever pitch online. As Krakauer writes in the introduction to *The Wild Truth*, a new memoir by Chris's younger sister



Quoted

"I just want people to have the facts. If it doesn't change their opinion about Chris, that's OK."

Carine McCandless, on the revelations in her memoir *The Wild Truth*

Carine, "A lot of people came away from reading *Into the Wild* without grasping why Chris did what he did. Lacking explicit facts, they concluded that he was merely self-absorbed, unforgivably cruel to his parents, mentally ill, suicidal and/or witless."

The piece of the story that was missing, Carine now explains, is that she and Chris grew up in a home rife with domestic and emotional abuse, all while being forced by their parents to maintain the facade of a harmonious Christian family. "I would definitely say that the

psychological things that we went through were more devastating than the physical things," she says in an interview. "Much more so. Those are the things that drove Chris out."

She says she told Krakauer all this while he was researching his book, so he would better understand her brother, but made him promise to keep the details out of print. "I really wanted to spare my parents, because I really felt that they would learn — obviously, I expected them to learn from Chris's death, because I couldn't imagine how they could not."

They didn't learn, by her account, and instead maintained their position that the family life had been fine — one reason that Carine became more open about their upbringing over the years, she says. By the time of the 2007 film adaptation by Sean Penn, she, too, had essentially cut off contact with her parents.

But her main motivation in going public has to do with the students she's met since *Into the Wild* was published. The book is required reading at many U.S. schools, and in going to speak at those schools, she found that students and teachers reacted differently when they knew the backstory. She realized being open about the abuse was helping others in the same situation.

Given that, maybe it's petty to wonder whether the new revelations could ever change the shape of the battle over Chris's legacy. "I just want people to have the facts. If it doesn't change their opinion about Chris, that's OK," she says. "The greatest inspiration and the greatest lessons come from truth, so I want that truth to be out there."

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The weight of other optional equipment, passengers and cargo will reduce the maximum trailer weight your vehicle can tow. Comparison based on wardsauto.com 2013 Light-Duty Large Pickup segment and latest competitive data available. Excludes other GM vehicles. Class is Light-Duty Full-Size Pickups. ¶U.S. Government 5-Star Safety Ratings are part of the U.S. Department of Transportation's New Car Assessment Program (www.SaferCar.gov). ±2014 Sierra 1500 SLT Double Cab 4WD with GAT, MSRP with freight PDI & levies \$52,599. 2015 Acadia AWD SLT-1, MSRP with freight PDI & levies \$49,454. Dealers are free to set individual prices. ▲Warranty based on 6-years or 110,000 km, whichever comes first. Fully transferable. See dealer for conditions and limited warranty details. 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Author looks beyond the Sister act

Books. From running colleges to hospitals, nuns were the first feminists, says author who researched them

LAKSHMI GANDHI
Metro in New York City

Since the release of *If Nuns Ruled the World: Ten Sisters on a Mission* this fall, author Jo Piazza says she's received a new note from a different Catholic nun nearly every time she checks her email.

"It's a lot of 'Thank you for telling this story that hasn't been told yet. Thank you for acknowledging us,'" says Piazza, whose book was

recently featured at a literary salon hosted by the New York Foundling and author Aidan Donnelley Rowley. "And that's the part that sort of breaks my heart."

The author says that travelling with, and getting to know, each of the 10 sisters she profiles in the book taught her just how misunderstood and stereotyped

nuns were, by both the Catholic community and the general population.

"I'm a very healthy and open-minded agnostic," says Piazza, who attended Catholic schools growing up. "I think I love the nuns so much because they don't wear their religion on their sleeves, they just practise it."

Piazza shared some of the other things she learned while writing the book.

Nuns are not meek

When you think of a Catholic nun, you probably don't picture a woman who volunteers as an abortion clinic escort or a woman in jail for protesting against nuclear weapons.

But those are just two examples of the women Piazza

met with while writing her book. "These are the women who are the very first feminists," says Piazza. "They were running colleges, they were running hospitals. They have amazing careers."

Nuns are not just teachers

Piazza says she hears all the time from former Catholic school students who complain about the times they were hit with rulers in class.

"It's mostly men that say that, too. And then I just say, 'Did you deserve it? You probably were a little jerk, weren't you?'" she says. "That's one of the myths about nuns that people like to say. And it's not true; it's a stereotype. All of the nuns I know are just loving, dynamic women."

Quote

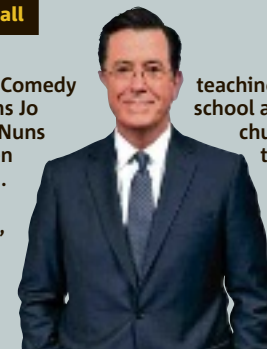
"It's mostly men that say (they were hit with rulers in class). And then I just say, 'Did you deserve it? You probably were a little jerk, weren't you?'" Author Jo Piazza



After getting to know the 10 sisters she profiles in her book, author Jo Piazza says nuns are misunderstood and unfairly stereotyped by society. ISTOCK

Colbert and baseball

Nuns love a certain Comedy Central star, confirms Jo Piazza, author of *If Nuns Ruled the World: Ten Sisters on a Mission*. "Nuns love Stephen Colbert," she dishes, which should be no surprise, since the late-night host is well-known for



teaching Sunday school at his local church. Other things the nuns raved about to Piazza include red wine, cats and baseball.

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Lola Anderson as The White Queen, Rebekah Greenwood as Alice - Photo: David Kowale

Alice

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Prince has closed his Twitter and Facebook accounts. AFP

Music. Prince vanishes from social media sites

Prince, whose distaste for the music industry's conventions is well known, has abruptly disappeared from social media after tentative efforts to promote his two new albums.

The star's Twitter and Facebook accounts have both disappeared and almost all videos from his official account had been taken off YouTube. He offered no explanation.

But his two latest albums, which he released in September, remained on the streaming service Spotify.

The move puts Prince at odds with most musicians, who consider social media a

virtual obligation to fans.

Several stars — most famously Taylor Swift — have criticized Spotify, accusing it of insufficient payouts to artists, but have invested sustained energy in Facebook, Twitter and YouTube.

Prince used social media to promote the latest two albums but had barely disguised his lack of enthusiasm. He advertised a Facebook question-and-answer session after he joined the site but, after hours of queries, he responded to just one — an esoteric matter about audio tuning — by offering a link to an article. **AFP**

Movies. MacLaren will direct Wonder Woman

The director known for her work on *Game of Thrones*, *Breaking Bad*, *The Walking Dead* and *The Leftovers* has signed on to direct the first movie dedicated to the iconic DC superhero Wonder Woman.

Michelle MacLaren was reportedly in talks with Warner for months but her involvement was just made official.

The Wonder Woman movie will likely be the first in a trilogy, starting out in the 1920s on the character's Amazonian island. The following instalment is set to take place in the 1930s and '40s during the Second World War, with the last film seeing her join the Justice League alongside Batman, Aquaman and Superman.

The anticipation will build in the meantime, as Gal Gadot is set to make her debut as Wonder Woman in the 2016 movie *Batman v Superman: Dawn of Justice*, before starring in other Justice League projects.



Gal Gadot will play Wonder Woman in the movies. WARNER BROS/DC COMICS

Wonder Woman is to start filming by the end of 2015. The movie is slated for release in 2017, one year after *Batman v Superman*. **AFP**

Movies

Ridley Scott won't direct Blade Runner 2

Although Ridley Scott is still producing the sequel to his 1982 *Blade Runner* film and working on the script, someone else will direct it, he tells *Variety*.

Busy with *Prometheus*, *The Martian*, his Ebola-themed TV project and

his production activities, Scott had to make a choice.

He also confirmed that Harrison Ford will once again take the role of Rick Deckard, although he won't lead the cast.

Since the film will follow a three-act storyline, the filmmaker explained: "Harrison is very much part of this one, but really it's about finding him; he comes in in the third act." **AFP**

Film

Birdman tops Independent Spirit nominees

Surreal theatre drama *Birdman* starring Michael Keaton topped nominations for the Independent Spirit movie awards announced Tuesday, with nods in six categories.

The Spirit awards, which aim to honour

excellence in independent film, will be handed out on Feb. 21.

Birdman, about a former superhero movie star attempting to resurrect his career on Broadway, was nominated for best feature, best actor, best supporting actor and actress, best director and best cinematography.

The other nominees for best feature were *Boyhood*, *Love is Strange*, *Selma* and *Whiplash*. **AFP**

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Analysis



Jaden Smith GETTY IMAGES

The wit and wisdom of Jaden Smith

To celebrate Thanksgiving in the U.S., we're going to overdo it with the wit and wisdom of the incomparable Jaden Smith. Here, some of his best work:

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@officialjaden

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@officialjaden

Every 7 Years Your Body Is Completely Replaced With Entirely New Cells So Just Because You Look The Same Doesn't Mean You Are.

This week in Friends reunion denials

It's become apparent that part of being in the cast of *Friends* means fielding questions about a theoretical reunion at every single interview, as Jennifer Aniston, Courteney Cox, Lisa Kudrow, Matthew Perry, Matt LeBlanc and David

Schwimmer are learning. OK, maybe not so much Schwimmer because no one's been interviewing him lately, but still. As Graham Norton recently asked Jennifer Aniston, "Do you and the other *Friends* just think, 'Why don't we just do the

reunion so people will stop wanging on about it?" — which is clever, but still a way of wanging on about it. So, what do the latest crop of denials — or the opposite — look like? Here you go:

NED EHRBAR/METRO IN HOLLYWOOD



Jennifer Aniston

"I say we just wait until we're really much older and be just Golden *Friends* because then you wouldn't have the comparisons like, 'Oh, look at Joey. What happened to them?'" Or: "Oh no, dead *Friends*. Then we'll know that there's no reunion to have."

Courteney Cox

"It's not going to happen. Let me tell you something: There's six *Friends*, and I've been trying to put together a cast dinner for 10 years. It doesn't happen! I can get the girls to come, maybe Matthew Perry. Matt LeBlanc cancelled last time right at the last minute, Schwimmer lives (in New York City), so it's just not gonna happen."

Lisa Kudrow

"I'll go for it. A whole season, because to spend that much time with those people again would be heaven."

Matt LeBlanc

"I'm not tired of getting asked that question at all. As far as a reunion project, that's just not in the cards ... I think it's best to imagine what those characters are doing now versus to see those characters. No one wants to see us in our 40s. Joey's still struggling as an actor. It'd just be sad."

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The Daily Dish



WIFE GOES OUT OF HER WAY TO SAVE TIME



According to Amanda from British Columbia, after trying OxiClean™ Extreme Power Crystals™ Dishwasher Detergent Paks, her family is so in love with its time-saving benefits and cleaning

*“We now make a special trip...”**

— Amanda, Fernie

power that “we now make a special trip”* when they need to get more. Clearly for this woman, even special trips mean saving time on dirty dishes, and spending time with the family. You go, girl.

Soup ladle’s dirty past tied to old detergent



After a lifetime of neglect, a soup ladle’s owner, Monique, has finally revealed why it has constantly felt dirty over the years, The Daily Dish reports. Her old dishwasher detergent seems to be the culprit. New OxiClean™ Dishwasher Detergent Paks heard about the story and came to the rescue. Since then, she has told us, “the results were remarkable.”*

*“...the results were remarkable.”**

— Monique, Scarborough

TEENAGER DOES DISHES. MOM IN SHOCK.

An astonishing turn of events unfolded as one mother came home from work to find her dishwasher completely empty. Authorities were called to the scene, but after interviewing her teenage daughter, they soon discovered the dishes neatly stacked in their respective cupboards shortly after she arrived home from school. In a statement from the daughter, she claims having the convenience of OxiClean™ Extreme Power Crystals™ Dishwasher Detergent Paks made it “no biggie.” A student of complex algebra, it appears she’s discovered the equation to her mother’s heart.



*All stories depicted within this advertisement are fictional in nature. *Quotes are from real consumer reviews submitted for OxiClean™ Extreme Power Crystals™ Dishwasher Detergent Paks on ChickAdvisor.com as of November 3, 2014. Reviewers received free product sample.*

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†Source: ChickAdvisor.com reviews for OxiClean™ Extreme Power Crystals™ Dishwasher Detergent Paks. Percent of chicks who “dig it” as of November 3, 2014. Reviewers received free sample.

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Winter's hottest fashion trends

The cold winter season has declared its arrival, but there's no shortage of must-have new trends to keep you looking chic all season long. We asked two of New York City's top fashion bloggers to break down the looks you need to get your hands on now.

METRO NEWS IN NEW YORK

Oversized coats and pastels

Many of the leading looks this winter are all about length. Case in point: dramatically oversized coats paired with mini-dresses and above-the-knee skirts — an unexpected look for the winter season.

"It's a big surprise when you think about the colder months," says fashion blogger Chanel van der Meijden of Cocorosa.

Also going strong in outerwear is the pastel-coloured coat. When it comes to bundling up, shades of soft pink and baby blue are all the rage.



Forever 21 Textured Longline Coat, \$72, forever21.com

Banana Republic Teddy Coat, \$275, bananarepublic.ca

Above-the-knee boots

Playful lengths are also extending to footwear. Hot this winter are thigh-high, over-the-knee boots. A unique spin on the look takes the form of flats, says Framel.

"We're so accustomed to seeing the over-the-knee, high-heel, slightly sexy version," she says. "A flat boot is especially fresh, like the coolest interpretation this season."

Military-inspired shoes are another look to invest in. Boots with lots of buckling details and hints of that signature olive green are particularly popular. If it's a more feminine look you're after, booties are a dainty alternative.

"Another shoe trend that totally excites me is the kitten-heeled, pointed-toe, lace-up bootie," says van der Meijden.



Clarey Over-the-Knee Boots, \$239, guess.ca

Frye Melissa Over-the-Knee Boot, \$648, thebay.com

Knits, knits, knits

One of the strongest looks this winter is knitwear. On the runway, this includes head-to-toe knit suits and trousers. The trend is really all about size, also taking the form of chunky woven sweaters and bulky knit-wear tops.

"The way it's being translated [from the runway] is really big, oversized sweaters and extreme turtlenecks," says Kelly Framel, creative director of the wildly popular site The Glamourai. "Everything this season is just so big, so extreme — they're almost dresses."



Julia Titika Activewear Sweater, \$72, titika.ca

Big ol' earrings

It's official: Big earrings are back. While the trend for the last few seasons has been more about refined, delicate jewelry, be prepared to see more big-statement pieces this winter.

"The fashion version of that is to wear only one (earring) and to wear the biggest earring possible," says Framel. "But in general, these chandelier and interesting statement earrings are definitely coming back."

Translation? Big, glitzy earrings perfect for the holidays.



Modern Flapper Drop Earrings, \$34, urbanoutfitters.com

H&M Earrings, \$19, hm.com

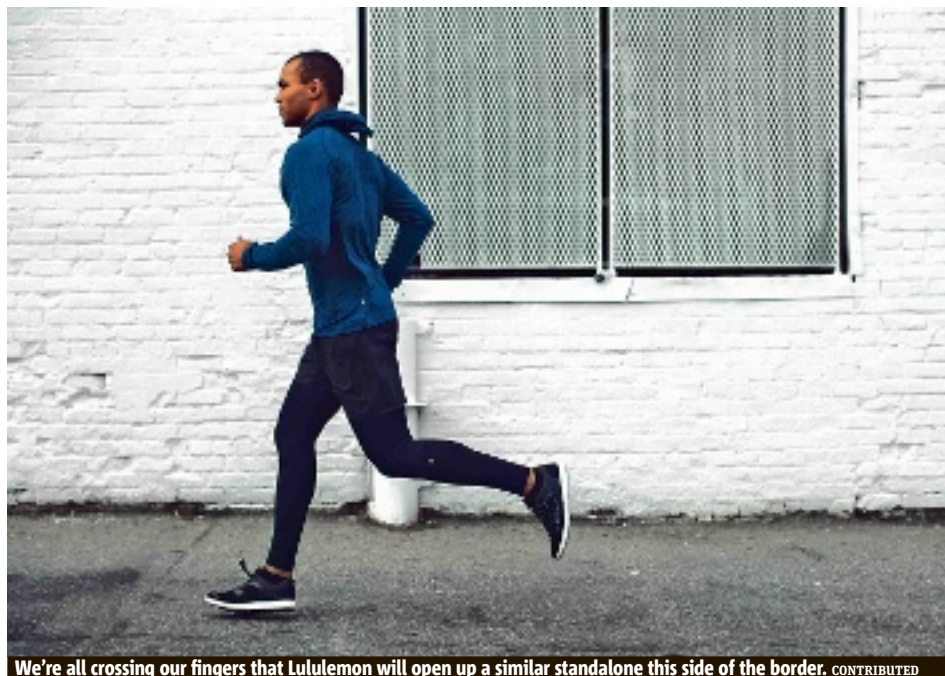
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Lululemon's men's store to open in NYC



We're all crossing our fingers that Lululemon will open up a similar standalone this side of the border. CONTRIBUTED

Style. Wildly popular athletic apparel line creates pop-up shop for male customers

Lululemon is one day away from opening its first-ever standalone men's Athletica store in New York City's SoHo district.

The 1,600-square-foot space is located opposite the new women's store, and is the first men's store for Lulu-

lemon Athletica, the brand's premium technical performance apparel line.

The design elements were put together by the in-house team led by director Robert Maylan and pick out classic elements from the history of the SoHo neighbourhood, blending them with the brand's own West Coast roots in Vancouver, Canada using a palette of wood, raw concrete, steel and glass.

The Athletica boutique is anchored by a custom-made community table, with the

store eschewing the classic tills for concierge-style wireless payment.

The space will also host different pop-up projects in The Joinery, the first of which, entitled Short Batch, is led by Lululemon's R&D team which will work on expanding Lululemon Athletica's product innovation, including asking men to select their preferred shell and liner to create a made-to-measure pair of shorts. The store will open on Friday.

AFF

Canadian street style

Spotted in: Toronto

Name: Lindsey

Age: 20

Occupation: Marketing Coordinator

What she's wearing

Jeffrey Campbell shoes, Zara tights, Calvin Klein blouse, Ganni jacket, and her Oma's hat.

Her inspiration

"I like clothing that transitions well from day to night. Comfort is also very important to me. If it feels like I am not wearing clothing, it's a good thing."

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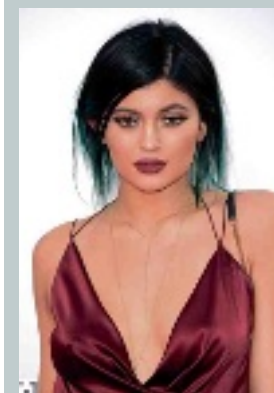
Trends Report

I've always followed this rule about wearing makeup: If you go bold with the eyes, then go nude on the lips to balance out the look. But is it time to unfollow this rule? Go online to Trends Report and let me know what you think of the bold-on-bold makeup trend.

• Online. metronews.ca/trends-report

• Follow Irene on Twitter @MetrolreneK and Instagram @kuanirene

• Photo Kylie Jenner at the AMAs. Getty Images



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Nothing like party-ready red lips for the holidays

Style. Read my lips: I want to celebrate without the smudge

Colour bleed be damned. There's a red lipstick for everybody nowadays.

You know how celebrity beauty guru Ted Gibson found that out?

"My mother has just now been wearing red lipstick since I turned her on to it over the last two years. Before, she thought red meant you were kind of easy," he laughed.

Red no longer evokes sex-pot alone, and it doesn't have to lead to severe chapping. Shades of red can be had in balms, glosses, creamy mattes or a combination of care and colour — or CC as they say in the beauty biz.

If you're unsure of shade, swipe a bit on the inside of one arm the next time you're in a store, then step outside into natural light for a better idea of how it will look.

And if you're traumatized by lip colour seeping into lines and crevasses beyond where it's supposed to be, use a primer underneath or a lip liner as a barrier. Apply concealer around the outside of the mouth for extra protection against bleed.



You say you've got a smooch remedy that would make me look sultry sans the smear? Sign me up! ISTOCK

"What's great right now is that there are some really creamy, dense highly pigmented red lipsticks that are fantastic for people who really want to go for that power pout look. There are also sheer reds for those of us who don't feel so comfort-

able or who may feel like a clown with a big red mouth," said Alexandra Parnass, beauty director at Harper's Bazaar.

And there's no better time than the holidays to get creative with red for the lips, the two agreed, noting how well

the colour goes with holiday gold and urging a breaking of traditional skin complexion rules. Go for what feels and looks right on you alone.

Even better, pick up a tube or two as a gift or stocking stuffer.

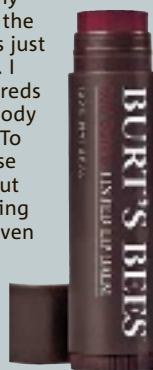
THE ASSOCIATED PRESS

Light up my lips

Smoochable suggestions from Gibson, Parnass and others

BURT'S BEES

- Parnass raved about the natural Burt's tinted balm in Red Dahlia. "It is absolutely one of my favourite products in the world," she said. "It is just the perfect sheer red. I have given it to hundreds of friends and everybody who tries it loves it." To beef up the colour, use a liner underneath. But the best part of wearing it alone: "You don't even need a mirror to put it on. It is the easiest red lip colour of all time."



This kiss of colour and care retails for \$7.

PRABAL GURUNG

- The designer is a longtime fan of the

red lip. As a boy in Nepal, he told W magazine, he recalls watching his mom apply the shade. Then along came Paloma Picasso in ads with a red kisser beaming from magazines. Now, Gurung has a cosmetics capsule collection for MAC that includes red for the lips in three shades - with glosses. "The colours we created are great when applied lightly for day or darkened and dramatized with a gloss on top for the evening," he told The Associated Press. "The lipstick in Carmine Rouge is definitely a favourite. I love a red lip — it's such a powerful statement. It exudes confidence and makes for a bold look."

Look for Gurung's line at Mac cosmetics.com on Nov. 20 and in select stores on Nov. 26 for \$30 each.

NARS LIP PENCILS

- Gibson also recommends these for lining

and all-over colour in matte and gloss. As for the rest of the face when red is under consideration, all bets are off for hairstyle, Gibson said. No longer does red require a dramatic Hollywood updo. He does urge restraint for the eyes if a bold red is used on the lip. And there are no age restrictions for who wears red. "What's funny is you're seeing girls in their early 20s who are wearing lipstick. Girls are wearing a little more lip colour, a little more of a stain to the lip. You have to have a little bit more confidence to wear that," he said. "The girl who wears red is independent, very self-assertive and certain about who she is. And she's not afraid to show that."

Nars liners go for \$22 to \$24 and the pencils for \$25.



NOVEMBER 28 STARTING AT 7 AM

BLACK FRIDAY

ONE-DAY WONDER

BLACK FRIDAY SURVIVAL GUIDE

HAVE A PLAN:

Know which items you are looking for, and where to find them. This will help you to make the best use of your time, and stay on budget!

SOCIAL MEDIA:

Visit Bayshore's Facebook, Twitter and Instagram feeds for the latest deals!

BRING A BUDDY:

Shopping is always more fun with a friend. It's also a great idea to have someone who can help you divide and conquer with your shopping list!

WEAR FLATS:

Wearing comfortable shoes is a must! How else are you going to sprint from store to store in record time? Better yet, pick up a new pair (or two) at Aldo while you're there!

STAY HYDRATED:

Visit Bayshore's all new food court for a delicious smoothie from Jugo Juice to keep your energy up!

MAKE FRIENDS WITH THE PEOPLE IN LINE WITH YOU:

This will make the time pass more quickly, and who knows — they might know about some great deals you weren't aware of!

BRING YOUR INNER PEACE:

It's going to be a busy day, and there will be lineups. Channeling your inner peace will help make it a stress-free experience for everyone; and to help, we're offering free valet parking, live DJ, and free giveaways all day long!

HAVE FUN!

A day of shopping, and great deals? Enjoy yourself and have fun with it! And if that's not enough — shoppers have a chance to win a \$25,000 shopping spree!

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EXPRESS

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Set the scene for entertaining

It's going to be a busy month of cocktail parties, dinners and gift exchanges, so you may as well do it with style. Here are some home-entertaining essentials to help get you through the holiday season



DESIGN CENTRE
Karl Lohnes
home@metronews.ca



Put all your ice in one bucket

No more filling the bathtub with ice to chill your bottles. From serving bubbly to holding a modern flower arrangement, this one does it all. Kate Spade New York's Two of a Kind ice bucket, \$89, TheBay.com.

Nothing but the wild, wild best for your guests

Add some festive Cartier-chic to the powder room with the look of linen. Wild Christmas 16-count Paper Guest Towels, \$9, BedBathAndBeyond.ca.



Go on — fly your neat-freak flag

Put an end to that pile of black coats being thrown on the bed. Dark Wood Suit Hangers, 60-pack, \$75, Walmart.com.

Always a glass act

Class things up a bit: It's glass over plastic — always! Champagne glasses, \$2, Dollarama.ca.



Tray magnifique

It's a satellite serving bar, handy side table or sparkly multi-candle display pedestal. Giles Tray Table, \$229, UrbanBarn.com.

Balsam bouquet

Create the smell of an enchanted forest with the evergreen scent of Fraser fir, crushed balsam needles, spruce, cedar and holly. Royal Forest Candle, \$24, Crabtree-Evelyn.ca.



ALL PHOTOS: CONTRIBUTED

Make room: Rack up those pots and pans

DIY. Recycle common household items to create racks that free up kitchen space for holiday feast-making

'Tis the season to gather friends and family around the kitchen table to enjoy good company and yummy food.

With all the cooking and baking that accompanies the holiday season, some extra storage room is always valuable.

Hanging pots and pans is a crafty way to create much needed space and keep them accessible.

Read on for ideas on how to create a rack to hang cookware using recycled materials around the home.

More kitchen renos

Get inspired by even more kitchen renovations with all new back-to-back episodes of Kitchen Crashers, on Wednesdays at 10 p.m. ET/PT on DIY Network Canada.



Adapt a wall-mounted coat rack to hold pots and pans instead. ISTOCK

Lift it

Suspend an old window frame above a counter top or kitchen island to hang up cookware.

Before getting started, it's important to select an area and access the ceiling joists to determine how much weight the frame can support. This is a crucial step before hanging anything from the ceiling.

Measure the distance between the ceiling and the floor to make sure the pots are at arm's length, but not too low.

Don't have access to a window frame? Try using an old bicycle wheel or a coffee table frame.

Hang it

Use a wall mounted coat rack. If the wood and hooks are being recycled, add a personal touch to them.

Sand the wood plank for a cleaner look or paint it a different colour to match the

rest of the kitchen.

Spray-painting the hooks is another option. If necessary, proceed to screw the hooks onto the plank.

Consider the number of pots and pans you want to hang up and make sure you have enough materials and that the hooks are spaced out accordingly. Select the desired area and install.

Lean it

Use an old ladder and lean it against the cupboards or any other convenient area. A ladder that has rounded and skinny rungs is ideal for this type of project. Garage sales or flea markets are a great place to find various sizes and colours.

Next, measure and note the rungs' circumference. Based on these measurements and the number of pots to hang, purchase steel s-hooks. Place the hooks on the ladder's rungs and hang the cookware.

Get the hang of it

Hanging pots and pans is a crafty way to create much-needed space and keep them accessible.

Fling away those frozen fish sticks

Perch-in-a-Basket with Tartar Sauce.
Bring an old pub favourite to your table

"I love everything about perch. Catching it, cooking it, eating it — what's not to love? I recently found out that a friend of mine ... even had it for her wedding dinner. I wish I had thought of that!" writes Moira Sanders in her book *The Kitchen Table Cookbook*.

1. Combine the flour, salt and pepper in a bowl. Whisk the eggs and milk together in a second bowl. Place the finely crushed saltines in a third bowl. Place the bowls in this order next to the stove where you will be cooking the fish.

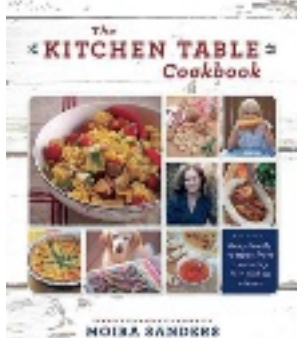
2. Heat about 2 inches (5 cm) of oil in a large saucepan over medium-high heat. Use a deep-fry thermometer if you have one — the ideal temperature is 375 F (190 C) — or check that the oil is ready by dropping a small piece of bread into the hot oil to see if it bubbles right away. Preheat the oven to 250 F (120 C).

3. Dredge each fillet in the flour mixture, egg mixture and finally in the crushed saltines. Carefully place 3 or 4 fillets in the hot oil. Turn the fillets once they have turned a dark golden on one side. When the pieces are done, remove from the oil and place on a baking sheet lined with paper towels.

4. Place the finished fish in the oven to keep warm and continue frying the rest of

Cookbook of the Week

Gather around for family favourites



Sometimes you want to go back to basics. Enter *The Kitchen Table Cookbook* by Moira Sanders.

The release offers recipes that have been tried, tweaked, sampled, savoured and passed on. It covers all the bases for feeding your family during all seasons.

The chapters are divided into quicker (weekday) recipes and more involved weekend or special occasion dishes. Among them are: Fresh Sesame Bread Sticks, Sunday Roast Beef Tenderloin, Seared Salmon, Stuffed Shells, Malted Milk Cookies and more. **METRO**

fillets. Serve hot with Tartar Sauce.

Tartar Sauce

1. Combine all of the ingredients in a medium bowl and mix thoroughly. Serve immediately or cover and refrigerate until needed.

RECIPES FROM THE KITCHEN TABLE COOKBOOK BY MOIRA SANDERS (WHITECAP, 2014)



This recipe serves four to six. FROM THE KITCHEN TABLE COOKBOOK

Ingredients

Perch-in-a-Basket

- 1 1/2 cups (375 ml) all-purpose flour
- 1 tsp (5 ml) fine sea salt
- 1/2 tsp (2.5 ml) black pepper
- 2 eggs
- 1/4 cup (60 ml) milk
- 1 1/2 cups (375 ml) finely ground saltine crackers (about 1 1/2 sleeves of saltines)

- vegetable oil for frying
- 2 lb (1 kg) fresh yellow perch fillets (skin on is fine)

Tartar Sauce

- 1 cup (250 ml) mayonnaise

- 1/2 cup (125 ml) finely chopped dill pickle
- 1/4 cup (60 ml) chopped chives
- 1 tbsp (15 ml) fresh lemon juice
- 1 tsp (5 ml) Worcestershire sauce



This recipe serves four. FROM THE KITCHEN TABLE COOKBOOK

Snack. Broccoli with Cheddar Cheese Sauce

1. Melt the butter in a medium saucepan over medium heat. Add the flour and cook for 1-2 minutes, stirring constantly. Whisk the milk into the butter mixture and continue cooking until the sauce is smooth and thick. Add the grated cheese, salt and pepper. Taste for seasoning. Keep warm until needed.

2. Bring a large pot with 1-inch (2.5 cm) of water in the bottom to a boil. Place a steamer basket in the pot and fill with the broccoli florets. Cover the pot and let the broccoli steam for about

3 minutes. Serve the broccoli hot with the cheese sauce on the side.

Ingredients

- 2 tbsp (30 ml) butter
- 2 tbsp (30 ml) all-purpose flour
- 1 cup (250 ml) whole milk
- 2 cups (500 ml) grated sharp cheddar cheese
- 1/4 tsp (1 ml) fine sea salt
- Pinch ground black pepper
- 1 large head of broccoli (or 2 smaller heads), trimmed and cut into florets

For your phone

Simmer by Panna
(iPad; free)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Create and share your own streaming, step-by-step video recipes organized into 30-second steps.

Simmer has a fantastic layout and tools, but is unfortunately very pushy about accessing your social networking accounts.



metro

BLACK FRIDAY

Thursday, November 27, 2014

Historically an American shopping holiday, Black Friday has grown in Canada the past few years. BERNARD WEIL/TORSTAR NEWS SERVICE

Forget Boxing Day, this is the real shopping day

Start your wallets. In the minds of Canadian Shoppers, Black Friday is second to none for best deals

VAWN HIMMELSBACH
For Metro

Is Black Friday the new Boxing Day? The shopping holiday from south of the border is, for the first time, winning over Canadians.

Thirty-three per cent of Canadian shoppers expect to find the best deals on Black Friday, while the same number expect to find the best deals on Boxing Day, according to Accenture's 2014 holiday shopping survey. This is a significant shift from last year when only 22 per cent of Canadians expected to find the best deals on Black Friday.

While Black Friday may have started out as a novelty, it "snuck up on us," said Kelly

Askew, managing director of strategy with Accenture Inc., a global consulting company.

"We've been watching the importance of Black Friday climb year over year," he said. "This is the first year Black Friday is as important as Boxing Day in the minds of Canadians. If this trend continues we'll start to see less and less focus on Boxing Day."

The survey found that 61 per cent of Canadians plan to shop on Black Friday — a trend largely driven by younger shoppers (81 per cent of those aged 18 to 24 will hit the shops on Nov. 28).

There's also a move away from cross-border shopping, said Askew. This is, in part,

Canadian shopping trends

- Canadian consumers like to pre-shop on their smartphone or tablet in preparation for Black Friday, said Jennifer Lee, senior retail leader with Deloitte Canada.
- About 38 per cent of Canadians plan to pre-shop before Black Friday, according to Deloitte's 2014 Holiday Retail Outlook.

due to the weakening loonie, which is making those U.S. deals a little less attractive. But it's also because Canadian

retailers have started to take Black Friday more seriously.

"It's not just a couple of items on sale. (Retailers) are putting a big mark on their planning calendar," said Askew.

"It's kind of a perfect storm for Canadian retailers," he said. "They're seeing a heightened interest in Black Friday ... and Canadians say they're going to shop domestically."

And, on average, Canadians plan to spend \$250 more than they did last year during the holiday season.

"They need to be ready for that crush," said Askew. "The last thing retailers want is to have people walking out the door or dropping off the web-



A crowd of shoppers waits outside the Target store in Lisbon, Conn., ahead of Black Friday. SEAN D. ELLIOT/THE DAY/THE ASSOCIATED PRESS

site in frustration because they may not be able make the purchase," he said. After all, they can always come back on Boxing Day.

"The question is always: Is it going to be a better deal on Boxing Day when retailers don't have as many prospects of selling?" said Maureen Atkinson, senior partner at J.C. Williams Group, a retail consulting firm.

When Black Friday first came to Canada, she was sceptical. "Black Friday has a meaning in the U.S.," she said. "For Canadians it doesn't make as much sense because it isn't a holiday."

Black Friday follows American Thanksgiving, when most

retailers in the U.S. offer promotional sales to kick off the holiday shopping season.

Many Americans have the day off (or take it off, since American Thanksgiving always falls on Thursday).

In 2008, several large Canadian retailers started offering Black Friday deals, mainly to discourage cross-border shopping.

But the shopping holiday finally appears to be catching on here — perhaps because retailers no longer have to wait until Dec. 26 to find out if they'll meet their annual revenue goals. If they have a stellar Black Friday, it takes the pressure off Boxing Day, said Askew.

URBAN PLANET

www.urban-planet.com



HUGE BLACK FRIDAY SALE

DETAILS ON PAGE 3

Game-day strategy: Beware the hype

Black Friday vs. Cyber Monday. Deal-savvy mom says online is best — if you plan ahead

JACLYN
TERSIGNI
For Metro

Lena Almeida is a self-labelled “reformed spend-aholic.”

The lifestyle blogger — whose blog Listen to Lena has been the most-trafficked personal blog in Toronto since 2010 — shopped hard as a career woman with a matching salary in her 20s, but motherhood turned her into a more savvy shopper.

“I wasn’t exactly the saving type. I always had to have the latest trends. I’ve got years and years of retail experience,” Almeida said, laughing. “When I became a parent, I had to learn how to shop smarter.”

When it comes to Black Friday or Cyber Monday shopping, Almeida believes going online is the better choice — most of the time.

“Nine out of 10 times, I always recommend online shop-

ping,” she says. “You’re shopping from the comfort of your own home, which translates to more shopping. You’re not going out and braving the crowds and going from store to store ... I think the better deals can be found online and with so many retailers now offering online shopping, it’s forced everyone to become more competitive.”

It also makes comparison-shopping as easy as navigating between a few different tabs on your browser. And increased competition between retailers in the online marketplace over the last few years has forced shipping costs to come down (almost all sites offer free shipping after a certain minimum), with guarantees and warranty policies improving, too. On Cyber Monday, many retailers do away with shipping costs and purchase minimums all together.

But that doesn’t mean Cyber Monday always comes out on top of Black Friday. Some items are better off hunting for in stores.

Makeup, bath and body products, shoes, and clothing from retailers whose sizing you’re unfamiliar with should

be purchased in-person, Almeida said.

“If you’re going to have to go back anyways to return it, you actually haven’t saved that much time,” she said. “The last thing you want to do is turn a purchase into something you have to deal with.”

Whether shopping online or in stores, the rules for successfully navigating the sales are the same. Rule number one? Beware the hype.

“When it comes to Black Friday and Cyber Monday shopping, it’s really, really easy to get caught up in the hype,” Almeida said.

That hype may be most dangerous when it comes to electronics, which are often the biggest draws on Black Friday and Cyber Monday. Before you venture out — to the mall or via your laptop — know exactly which television, stereo system, or computer package you’re after.

“It’s easy to get lured into a great deal on a large-screen TV but you may find out after that it’s last year’s model, that it’s been discontinued, that there are warranty issues,” Almeida warned. “When buying elec-

tronics, research ahead of time to find out what you’re looking for and try not to get caught up in the door-crasher items — unless it’s an item you’ve already had your eye on and have pre-vetted.”

Game-day strategies

Before you hit the mall or the web, take heed of Almeida’s tips for maximizing your time and money on Black Friday and Cyber Monday.

Know the regular prices

“If you don’t know what a product consistently sells for, it’s very easy to be looped into the false belief that you are being offered a huge savings,” Almeida said. “Always know going in what you’re looking for, what it normally retails for, and then decide if what is presented to you is a good deal or not.”

Budget for extras

“Give yourself a miscellaneous budget for those ‘It’s a fantastic deal, I’m just going to buy it’ items so you don’t feel guilty at the end for putting those in your cart. That budget can be \$50 or \$500, but make an agreement with yourself ahead of time.”



Lena Almeida prefers online shopping for deals, but says in some cases, stores are necessary. TIM FRASER/FOR METRO



Debby Blyth is a strategic Black Friday shopper. “It’s not impulse shopping ... I’ll buy Christmas presents on Black Friday because I know I can get \$10 or \$20 off on things that I’m going to buy anyway.” AARON HARRIS/FOR METRO

Home turf. Canuck uproots U.S. retail habits

For years, Debby Blyth has been drawn to the online deals available through U.S. retailers on Black Friday.

“They do slash the prices incredibly,” she said. “I’ve bought evening gowns for a fancy dress ball I go to, as well as boots and shoes, bags, and shirts for my husband.”

But more recently, Blyth has gravitated to Canadian online shopping sites, which are offering Black Friday deals of their own.

“Last year, I bought my husband a weather station

at Canadian Tire,” she said. “He’s obsessed with the weather and it was only \$19 on Black Friday, compared to the regular price of \$75.” The device combines an outdoor sensor with an LED readout that stays inside the house and tells the time, the barometric pressure, and the temperature indoors and outdoors.

Blyth also purchased a Soda Stream machine at Canadian Tire for \$64, about a third off the usual price.

Although Blyth is a

proud Canadian, she admits her reasons for cyber-shopping on her own side of the border have more to do with saving money than patriotism.

She can attest to the fact that additional costs for exchange rates, shipping, duty, and other fees can sometimes conspire to turn U.S. deals into duds.

“A few years ago, I picked out a few things to buy at Macy’s and then I got browsing,” she said. She ended up adding a couple of impulse purchases to her basket of

goods — including a blouse and a bag for her daughter. “When it came time to pay the duty it cost me an extra \$30,” she recalled. “I realized that I had basically killed the deal.”

As it turns out, Blyth’s impulse purchases were manufactured outside of North America, making them subject to a higher level of duty under NAFTA rules.

Now, she said, “I compare all of the costs to see where I can get the best value.”

CAMILLA CORNELL/FOR METRO

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URBAN PLANET



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Shopper Sandra Keeley recommends looking online for deals on electronics, toys and books, and kids' clothing. TIM FRASER/FOR METRO

Best deals? Home turf is where the shopping is

North of the border.
Canadian consumers are staying put this year

TANYA ENBERG
For Metro

Canadian shoppers will be sticking closer to home this holiday season instead of crossing the border in search of better deals.

Less than a quarter of Canadians are planning to cross-border shop, down from 60 per cent last year, an Accenture survey found.

Claire Keeley, 43, of Dundas, Ont. is among those shopping locally this year and taking advantage of Canada's Black Friday and Cyber Monday discounts.

"In the past, I was drawn to U.S. shopping because the stores I wanted to shop at were not available in Canada and they had good online coupons

and deals," said Keeley, a freelance corporate event producer. "I do most of my shopping locally now, partly because the duty and shipping costs, and return and exchange costs can be high depending on what you order from the U.S. Also, quite a few of my favourite U.S. stores have opened locations in Canada."

Diane Brisebois, president and CEO of the Retail Council of Canada, says several factors are likely playing into consumers' decision to remain on home turf, among them the weak Canadian dollar and the promise of receiving the best savings during Black Friday through Cyber Monday events.

"We have more and more retailers in Canada with really good transactional websites versus three to five years ago, so if I am a consumer, I have the best of both worlds; I can cross the border if I am not satisfied or I am looking for something else or I perceive

it would be a better deal, but at the same time I have more choice, more assortment, and more competition in the Canadian market for my business.

Meanwhile, Keeley's sister-in-law, Sandra Keeley, 42, of Toronto, who has taken advantage of cross-border savings previously — primarily buying work wear, shoes and clothing for her children — said there no longer is a strong incentive to travel south for better pricing.

"The Canadian dollar recently has had a bit of a slump so it doesn't make it as compelling for sure," Sandra admits.

Instead of fighting crowds, Sandra is taking a different approach to her 2014 holiday gift list — she intends to do most of her purchasing online.

"I really don't like going to the malls and it comes right to the door," she said. "I think shopping is sort of borderless now," she said.

And what will Sandra be

Shopping list

What Canadians plan to purchase:

- Topping the shopping charts among consumers is apparel (57 per cent), gift cards (52 per cent), toys (39 per cent) and grocery items (38 per cent).

- 23 per cent plan to purchase a video game console or video game; 16 per cent plan to buy a laptop or home computer; 15 per cent will purchase a tablet; and 12 per cent plan to buy either a mobile phone or smartphone.

Source: Accenture holiday shopping survey, 2014

shopping for online? "I find the best on-line deals in Canada are on electronics, toys and books and kids' clothing."

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Take precautions to protect against fraud while shopping

ASTRID VAN DEN BROEK
For Metro

It's been a year where data breaches have turned up repeatedly in headlines — major retailers such as Home Depot, SuperValu and Target have all investigated customer data hacks recently. So how safe are we to shop with our debit or credit cards, especially during this particularly busy shopping season?

Risk does rise

The risk of fraud around your cards is twofold, said Stephen O'Keefe, vice-president, operations for the Retail Council of Canada.

"There's an increased risk of fraud because the bad guys, so to speak, are hiding behind the sheer volume of people. It feels safer for them to commit the offence in a crowd where they can be somewhat faceless and nameless," O'Keefe said. "And in stores, cashiers are also busier, so their sensitivity to fraud on a regular day may actually go down just because of the stress and tension of the crowd in front of them. Those



Protect your pin with your hand and your body position. SHUTTERSTOCK

two factors combined are a nasty combination."

Protect yourself in-store

While often there is a tiny shield over the pin pad that is, more often than not, barely shielding anything from fellow customers in line, O'Keefe does have some tips to share to prevent getting your card breached.

Be friendly in line

If someone is acting suspicious in line behind you, en-

gage them in conversation or look right at them so you can remember them if something happens. "Criminals don't like friendly people," O'Keefe said.

Block with your body

"Always assume there's someone standing behind you and be sure to conceal your fingers when keying in numbers," O'Keefe said. Better yet, stand in between the following customer and the keypad so you block the pad with your body as extra protection.



Bargain hunters shop for discounted merchandise at Macy's on Black Friday in 2011 in New York City. GETTY IMAGES

Afraid of being trampled?

RICK
MCGINNIS
For Metro

Maybe it's the name, but Black Friday has acquired a sinister reputation that seems undeserved for an annual shopping event focused on getting a really great deal on a TV, a video game console or a life-sized doll.

It's a reputation that Boxing

Day, its monster sale big brother, has never been tainted with, even though that week-long post-Christmas shopping gauntlet — Canada's homegrown contribution to retail frenzy — remains a bigger event. The stories began to emerge almost 10 years ago, starting with a Walmart in Columbus, Ohio, where nine shoppers were injured as a crowd surged into the store to grab gift certi-

cates dropped from the ceiling. Every year, they were reported: The salesperson who was trampled to death in 2008 when a crowd outside an upstate New York Walmart broke down the doors; a woman at a California Walmart in 2011 who pepper-sprayed fellow customers lined up to buy an Xbox.

The good news is, for a variety of reasons, this sort of thing almost never happens north of

the border. Prime among them: Black Friday doesn't happen in Canada during a statutory holiday. American Thanksgiving is the customary prelude to Black Friday in the U.S., so lineups will begin hours or even days in advance.

Online shopping, inventory checks in other stores and ordering items for shipment also help big-box retailers manage customer expectations.

Deal hunting? Make it a road trip with friends

The deals, the selection and the experience: All three may drive Canadians to shop in the U.S. on, or close to, Black Friday.

Sales tax differences won't likely shift shopper from one state to another.

Some Canadians favour Pennsylvania, with its state-wide six per cent sales tax, compared to New York's sales tax of up to 8.75 per cent. But many New York communities forego their share of the sales tax on clothing items valued at less than US\$110, pushing the tax rate down to four per cent.

Distance is likely a factor. Erie, Pa., is 3.5 hours from Toronto, while Buffalo is a two-hour drive. Gasoline prices? Fuel sells in Irving, N.Y., for about 30 cents per litre less than in Toronto.

You could let someone else drive. Adrian Bowen, of blackfridaytrip.com, will send three 55-passenger buses to Buffalo from Toronto for Black Friday. He says the 16-hour excursion is all about the bargains.

"Even though in Canada they're trying to have their own Black Friday shopping, it can't be compared to what we actually see in the States."

He said, as an example, that

a Michael Kors handbag in Toronto can cost CDN\$300, but in Buffalo-area stores "you can get that bag for US\$150."

Bowen says the bus trips, by "hard-core shoppers" with an average age of 25 years and one goal in sight, are, "an extremely social experience."

Stephen Fine, who runs the shopping website, crossborder-shopping.ca, said, "I find that there's a lot to offer in Buffalo." Fine said that for shoppers responding to his website, the No. 1 reason for shopping is cost savings, which can range from 30 per cent to 50 per cent. The second reason is the wider selection of merchandise. The third reason: It's an inexpensive and fun holiday.

R. Jacqueline D'Souza, a former Torontonion who now spends much of her time in New York with her real estate company, used to be a committed cross-border shopper, "but these days I find the long lines to get across the border, as well as the lengthy lines at stores, to be quite a turnoff."

Having said that, she said the Buffalo discount outlets offer year-round "discount clothing for children which is great for parents." **BILL BEAN/FOR METRO**



Valerie Ventola - Owner
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Merchants like Valerie make Westboro the great neighbourhood that it is. Her keen eye for funky, charming and beautiful gifts and accessories (many of which are Canadian-made) is evident everywhere you look in her store. Born and raised in Westboro, Valerie says the atmosphere and energy of The Cuckoo's Nest matches the vibe of her beloved neighbourhood — vibrant, exciting and fun!

"I want my customers to feel happy about having visited my store — whether they bought something or not."



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Consider Niagara Falls, N.Y., as a shopping destination — and make a weekend out of it. GETTY IMAGES

Deals on Black Friday? Yes, of course, there's an app for that

Shop right from your smartphone. Get a head start on saving big bucks this year

MIKE YAWNEY
For Metro

For Americans, Black Friday is the busiest shopping day of the year.

For Canadians, it's an opportunity to save serious cash, as retailers north of the border jump on the Black Friday bandwagon. Each year, Black Friday grows in popularity among Canadian retailers. Here are some useful apps to cash in on savings.

Flipp
Free on iOS, Android

A simple way to browse through deals not only on Black Friday, but every day of the year.

Flipp gathers flyers from

stores in your area and displays them on your smartphone or tablet. You can search for particular products to see if they are on sale, or browse through deals at your favourite store. If you find something of interest, the app lets you clip out the ad with virtual scissors and saves it to your phone.

RedFlagDeals

Free on iOS, Android

What began as a popular deal-finding website has now turned into a fantastic money-saving app. Deals are automatically mapped out for you on your smartphone based on your location. You can also browse through flyers from your favourite store so you can make a plan of attack before heading out on Black Friday. What really sets this app apart is the discussion board where users post and share deals with other users.

TGI Black Friday

Free on iOS, Android

The perfect app for cross-border shoppers. Tailored to Americans, this app comes in handy if you plan on driving south to get your deals. The app displays flyers for a wide variety of stores. Find something you like? The app will help you find the location of the product, or give you the option of purchasing it online. Keep in mind — some stores do ship to Canada so you can still take advantage of some of the specials from the comfort of your couch.

Amazon

Free on iOS, Android and Windows Phone

Don't want to venture out into the cold? Sometimes it's easier to shop right from your smartphone or tablet. Amazon's user-friendly interface makes it simple to track down deals. Search for items by keyword, or scan a bar-

code on a product and Amazon will track it down in its database for you to purchase.

Sale Saver

Shopping Calculator

\$1.99 on iOS

Know exactly how much you will pay for something before you head to the till. Type in the price of your item, the percentage it is marked down, then sit back as the app calculates the sales tax so you know the final tally. Works in Canadian, U.S., and other currencies. A free version is also available, but you will have to deal with pop-up ads and restricted features.

Point Inside Shopping and Travel

Free on iOS, Android

If want to cash in on the best Black Friday deals, you will need a game plan. This app offers maps of most major malls across Canada and the U.S., showing you where in-

dividual stores are located. You can also search for the nearest washroom, ATM or restaurant when you need a break. The neat thing about this app is it also provides airport maps, so avid travellers can use it year-round. Keep in mind, stores within malls change rapidly over the course of the year. Some mall maps may become outdated.

Stocard

Free on iOS, Android

Slim down your wallet as you hit the mall. This loyalty card app keeps all of your favourite cards on your smartphone so you don't have to fumble around, digging for them at the checkout. To add a card, simply scan the barcode with the camera on your smartphone or manually type in the number. Most major rewards cards are supported along with retailer loyalty cards such as Indigo, Best Buy and Hudson's Bay.



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Authorized Dealers

Cellular X Zone:
Billings Bridge
Shopping Centre

Bullo Wireless:
1414 Walkley Road

IGO Cyber House
Inc. 223 Bank St.

CellTeli:
1724 Bank St.

Shoppers, snatch up these great gifts

Get the scoop.
Here are some sale items to cross off your list

JACLYN TERSIGNI
For Metro

Music and food make the world go round. Have a home gourmet and amateur audiophile on your gift-giving list this holiday? Consider shopping for these ideas on Black Friday.

THE GOURMET



Keurig 2.0 K300 Coffee Brewing System with carafe
Brew one cup or four, plus go for bold with the system's strong setting. \$129.99; Canadian Tire.



Monogram Cheeseboard

A perfect hostess gift, this monogrammed cheeseboard comes with a spreader and its own resting spot. \$19.50; Indigo.

Saveur: The New Classics Cookbook

More than 1,000 of the world's best recipes for today's kitchen by the editors of Saveur Magazine. A diverse curation of the best recipes from Saveur culinary magazine, covering every type of cuisine. \$45; Indigo.

KitchenAid Professional 5™ Plus Series Stand Mixer

Ten speeds and a five-quart bowl take (almost) all the work out of kneading doughs and batters. \$599.99; Canadian Tire.

The Oh She Glows Cookbook: Vegan Recipes To Glow From The Inside Out by Angela Liddon

Recipes to satisfy even the most ardent anti-vegans, from self-trained Canadian chef, food photographer and blogger. \$29; Indigo.



T-fal ActiFry Healthy Fryer

For the health-conscious french fry lover, the ActiFry requires only one tablespoon of oil for fries, chicken wings and other fried goodies. \$189.98; Amazon.ca.

THE MUSIC LOVER

Leonard Cohen Everybody Knows by Harvey Kubernik

Even casual Cohen fans will be roused by this exploration of the legendary Canadian poet, singer-songwriter and author. \$35; Indigo.

iHome iD48 Portable Rechargeable Stereo System for iPad/iPhone/iPod

You don't have to choose between charging your device and letting the music blast with this dual-purpose stereo. \$99; Indigo.

Friends with Benefits Taylor Headphones in Rose Gold

Beautiful to look at and listen to. A three-button mic adds volume, music, and phone controls. \$199; Indigo.



Casio LK-240 61-Key Portable Touch Sensitive Personal Keyboard with AHL Technology

For the independent learner, this keyboard's built-in education system breaks lessons down into small, step-by-step units. \$219.99; Amazon.ca.

*PRICES LISTED HERE ARE REGULAR PRICES



Sennheiser HD598 Headphones

For those serious about sound, these high-performance headphones deliver impeccable sound quality through luxe velour ear pads. \$252.83; Amazon.ca.

Clockwise from bottom left, KitchenAid Professional 5™ Plus Series Stand Mixer; Monogram Cheeseboard; Sennheiser HD598 Headphones; Leonard Cohen Everybody Knows; Casio LK-240 61-Key Portable Touch Sensitive Personal Keyboard, and T-fal ActiFry Healthy Fryer.

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Goaltending keeping Sens in middle of pack



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

The quarter mark of an NHL season is usually the point in which an organization takes stock and assesses where they stand among the rest of the competition. General manager Bryan Murray, assistant GMs Pierre Dorion and Randy Lee along with members of the Ottawa Senators scouting staff this past weekend did just that in Binghamton.

The Senators are 10-7-4 through 21 games this season. At the same juncture in 2013, their record was 8-9-4. Thanks to superior goaltending by Craig Anderson and Robin Lehner, the club remains in contention for a playoff position. On a given night, the Senators sit anywhere from ninth in the Eastern Conference to as high as third in the Atlantic Division. In a tough conference whereby eight of 16 teams earn spots, the Senators can't afford to fall too far behind.

Despite the club allowing a second-worst 34.9 shots per game, Anderson thrives on the workload, ranking second league-wide in save percentage at .932. Lehner has done his share to keep the Senators in games as well — earning the team's two shootout victories.

Another key to their early success is consistent special-teams play.

Running at 20 per cent, the Senators' power play is the NHL's ninth best. Erik Karlsson leads the way with 10 PP points, while Bobby Ryan heads the second unit

with seven — an excellent number for a squad that's missing Jason Spezza. The club's penalty kill currently ranks 14th and there's room for improvement. However, the PK has ranked as high as 11th in recent days.

The Senators are also doing their utmost in keeping their local fans happy. The team has earned points in eight of 10 games to date at the Canadian Tire Centre, a far cry from last season where they finished one game above .500. If the Senators can maintain this pace and be competitive on the road, the club will have a decent shot at making the playoffs.

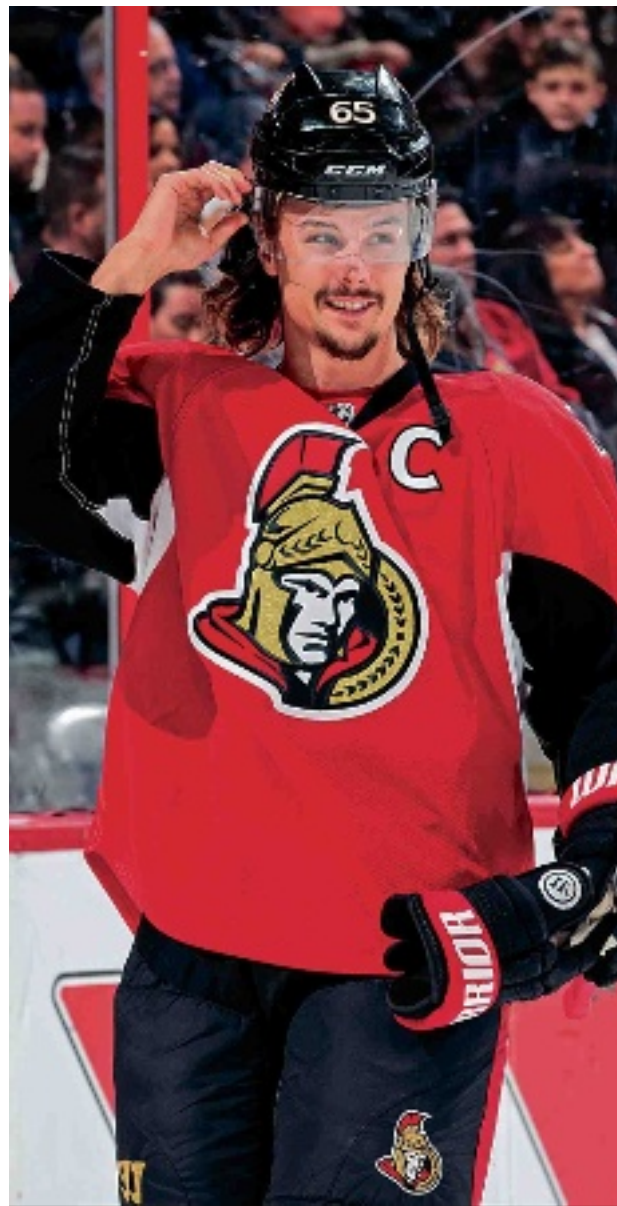
In a weird twist of scheduling, the Senators have played 12 of their first 21 games versus Western opponents. With almost 75 per cent of remaining games against the East, MacLean's group is well positioned for a run.

In the next week to 10 days, Marc Methot returns to the lineup. At that time Murray will make a roster move. The names of Erik Condra, Colin Greening and Patrick Wiercioch are being mentioned in the rumour mill. Expect something to happen sooner than later.

Shots, shots, shots

Erik Karlsson leads the Senators in even-strength Corsi events (shots + missed shots + blocked shots) with 906. Next are Kyle Turris (624), Cody Ceci (590), Chris Phillips (584) and Clarke MacArthur (555).

COURTESY OF NATURALSTATTRICK.COM



Erik Karlsson and the Senators are giving their fans something to smile about, having earned points in eight of 10 games (5-2-3) this season at the Canadian Tire Centre. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

A good old boy

Cherry recalls Quinn as an old-school coach

Don Cherry remembers Pat Quinn as an old-school coach with a special way about him.

Quinn, a former NHL defenceman, coach and executive, died Sunday night in Vancouver after a lengthy illness. He was 71.

"He was one of the good old boys. We're all going fast," the 80-year-old Cherry told The Canadian Press.

Cherry added Quinn "had the touch" with his players.

"The players loved him," Cherry said. "All the old-school coaches, the players loved them. Because they were one of them, more or less."

THE CANADIAN PRESS

Martin Brodeur

Netminding legend invited to Blues practice

The St. Louis Blues are giving Martin Brodeur a chance to return to the NHL.

Blues general manager Doug Armstrong said on the team's Twitter account that the former New Jersey Devils all-star goaltender will practise with the team starting Friday.

The Blues are in need of goaltending help after starter Brian Elliott sustained a lower-body injury Tuesday night in a game against the Ottawa Senators.

Brodeur, 42, is the NHL's all-time leader in wins (688) and shutouts (124) and won three Stanley Cups with the Devils (1995, 2000 and 2003). THE CANADIAN PRESS

Home-field advantage vs. experience in Vanier Cup



From left, quarterback Marshall Ferguson and head coach Stefan Ptaszek of McMaster pose alongside University of Montreal head coach Danny Maciocia and linebacker Byron Archambault with the Vanier Cup at a news conference on Wednesday in Montreal. RYAN REMIOWZ/THE CANADIAN PRESS

Playing in their home city will be a boost to the University of Montreal Carabins, but experience will be on the McMaster Marauders' side in the Vanier Cup game.

More than 20,000 tickets had been sold by the time the teams' coaches and a few players from each side gathered for a news conference on Wednesday ahead of the Canadian Interuniversity Sport championship football game.

A sellout of 23,500, most of them wearing Carabins blue and white, is expected

for Saturday afternoon's game at Percival Molson Stadium, the Montreal Alouettes' home field on the McGill University campus downtown.

"We're playing on a bigger stage, for sure, but we're not feeling any more pressure," said Carabins quarterback Gabriel Cousineau, whose team downed the Manitoba Bisons in the Uteck Bowl at their 5,100-seat CEPsum Stadium last Saturday. "It's an opportunity to play in our city in front of our fans and we hope we'll give them a good show."

The Carabins are in their first Vanier Cup after finally downing the powerhouse Laval Rouge et Or, who had won 11 straight conference titles.

The Marauders will be in their third Vanier Cup in four years. They beat Laval in 2011 in Vancouver and lost to the Rouge et Or in 2012 in Toronto.

The Marauders downed Mount Allison 24-12 in the Mitchell Bowl last Saturday led by running back Wayne Moore, who put up 146 rushing yards. THE CANADIAN PRESS



Atletico routs Olympiakos

Koke jumps on Atletico Madrid teammate Mario Mandzukic after his third goal capping a 4-0 win over Olympiakos on Wednesday in Madrid. Scan the image with your Metro News app for a roundup of Wednesday's action around Europe. DENIS DOYLE/GETTY IMAGES



FIFA allegations

Britain's Serious Fraud Office to look into World Cup bidding

A criminal investigation into allegations of World Cup bidding corruption could be opened in Britain, with authorities urging whistleblowers to come forward with information.

The Serious Fraud Office is pursuing "every reasonable line of inquiry, including working closely with appropriate overseas authorities," the government department said in a letter to a British legislator.

The Swiss attorney general has already received a criminal complaint from FIFA against possible law-breaking by unnamed individuals mentioned in the investigation into the 2018 and 2022 World Cup bidding process.

THE ASSOCIATED PRESS

Phillip Hughes

Aussie cricketer in critical condition after struck by ball

More than 24 hours after being hit behind the left ear by a short-pitched ball, Australian cricketer Phillip Hughes remained in critical condition on Wednesday after undergoing emergency surgery.

Australian team doctor Peter Brukner issued a statement saying Hughes had further scans at St. Vincent's Hospital during the morning and that his condition was unchanged from overnight.

The 25-year-old Hughes was batting for South Australia in a Sheffield Shield match against New South Wales at the Sydney Cricket Ground on Tuesday when he was knocked out by a delivery by Sean Abbott.

THE ASSOCIATED PRESS

Tiny Banks makes his way amid giants

At 153 pounds. After five punt returns and a playoff-record 226 yards, pint-sized Ticat gets noticed big-time

At six-foot-five and 325 pounds, Peter Dyakowski fits in nicely when it comes to the super-sized world of pro football.

A Caterpillar would have a hard time moving the Hamilton Tiger-Cats offensive lineman.

But the big man couldn't help but be envious of pint-sized teammate Brandon Banks on the trip out to the Grey Cup.

"I like being a big guy, but we were flying out on the plane (Tuesday), we were eating our dinner and all the O-linemen were like this," said Dyakowski, mimicking eating in a crunched-up position.

"And Brandon's sitting back, enjoying a nice relaxed dinner in this giant chair that he gets to sit in, with all the space in the world. I guess sometimes he's got a leg up on us."

Banks is listed at five-foot-seven and 153 pounds. But pressed by reporters, the kick returner-receiver known as Speedy or Speedy-B admits to some poetic licence.

"I've always been the small-

Unique

"Brandon Banks is absolutely a special player. He just has a gift."

Ticats slotback Luke Tasker



Hamilton Tiger-Cats wide receiver Brandon Banks stretches during a practice Wednesday in Vancouver. The Tiger-Cats face the Calgary Stampeders Sunday in the 102nd CFL Grey Cup. PAUL CHIASSON/THE CANADIAN PRESS

est guy and I honestly probably weigh 149 pounds," he said after practice Wednesday at B.C. Place Stadium.

"I just feel any time I touch the ball, I have the possibility of going the distance," he said.

He did that twice on electric punt returns last weekend — three times if you count a 78-yard runback for a score that was called back due to a penalty — in Hamilton's 40-24 Eastern final win over Montreal.

Banks had five punt returns for a playoff-record 226 yards. His two TD returns — which covered 93 and 88 yards — also tied a playoff mark. The North Carolina native had three carries for 35 yards and four catch-

es for 33 yards to finish with 294 total yards.

His second TD return was a marvel as he left Als players twisting in the wind.

"It was almost like Casper the Ghost because it looks like we were just grasping for air and he wasn't there," said Montreal coach Tom Higgins.

With kickers penalized for punting the ball out of bounds other than within the 20-yard line, it is hard to escape Banks.

Is his size an advantage, he was asked?

"It has its pros and cons," he said. "Because when I get hit, it don't feel good."

"But it does have a little bit of advantage. I've got a little bit

of wiggle with me to get away from bigger guys."

One opponent he relishes seeing in his sights is the kicker — usually the last man to beat, a pylon in opposition colours.

"That's the best thing. That's like Christmas morning for me," he said with a laugh.

Banks, 26, spent three years as a returner for the Washington Redskins but came north last year after the NFL team did not tender the restricted free agent an offer.

"I don't think I got a fair shake," he said of his time in the NFL. "I don't think I got an opportunity to show my wide receiver skills."

THE CANADIAN PRESS

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Horoscopes by Sally Brompton**♈ Aries****March 21 - April 20**

You will get the chance to perform an unselfish act today. You may not receive any obvious rewards but you will feel good about yourself.

♉ Taurus**April 21 - May 21**

No matter how many times you may have doubted your instincts in the past, don't doubt them today. According to the planets, you are in tune with the spirit of the times!

♊ Gemini**May 22 - June 21**

Is what you are doing with your life meaningful? There may be moments today when your confidence wavers. Try to understand that whatever path you're on is the right one.

♋ Cancer**June 22 - July 23**

Act on what your instincts are telling you. It does not matter if everyone else seems to be moving in the opposite direction, it matters only that you trust your inner voice.

♌ Leo**July 24 - Aug. 23**

Make a wish today. You may not get what you want immediately but the planets indicate that by the start of next week you will see a major change.

♍ Virgo**Aug. 24 - Sept. 23**

The mental boundaries you set up are far too rigid and need to be broken down. Think the unthinkable today. You may be surprised what you learn.

♎ Libra**Sept. 24 - Oct. 23**

Even if you're happy with the way life is going it will pay to try something different. A new routine may seem odd to begin but you will eventually wonder why you didn't change sooner.

♏ Scorpio**Oct. 24 - Nov. 22**

What happens over the next 24 hours will confirm that it is a mistake to limit yourself in any way. Old ways of doing things are unlikely to make your world better — but new methods will.

♐ Sagittarius**Nov. 23 - Dec. 21**

The obvious solution to a problem is not necessarily the right one and today's cosmic outlook urges you to try something that has not been done before.

♑ Capricorn**Dec. 22 - Jan. 20**

If you've been feeling left out of things, don't worry. What happens over the next few days will clue you in to what's going on and give you a starring role.

♒ Aquarius**Jan. 21 - Feb. 19**

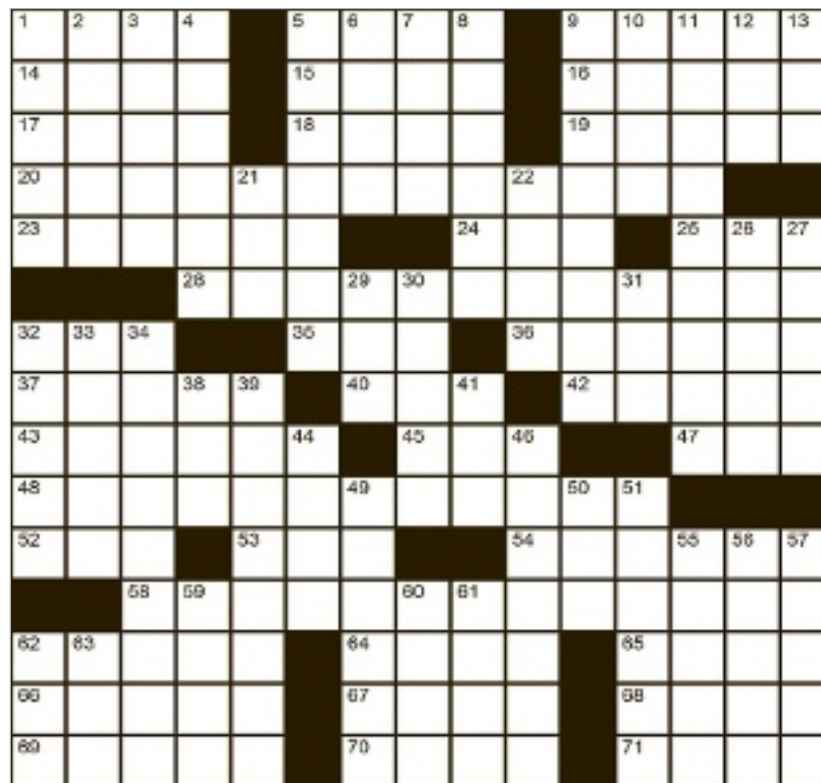
A work issue may be giving you problems but if you stay calm and listen to your inner voice it will guide you to the solution.

♓ Pisces**Feb. 20 - March 20**

Someone is determined to make your life difficult but you won't overcome them by direct confrontation. Find ways you can influence their behaviour in more subtle ways.

Crossword: Canada Across and Down by Kelly Ann Buchanan**Across**

1. ___ water
5. Pool-playing props
9. ___ Thanksgiving Day Parade
14. Dial
15. Spoken
16. Basset ___ (Instruments)
17. Peru neighbour, briefly
18. Attention
19. Where Joan of Arc was executed in 1431
20. Unwanted caller, often: 2 wds.
23. Lustrous sheets fabric
24. Ms. Harper, to pals
25. QVC equivalent in Canada
28. Master ensuite feature: 2 wds.
32. Culture/natural history attraction in Toronto [acronym]
35. Ms. Carrere
36. ___ door
37. Belonging to Edith's li'l hubby
40. Edmonton transport service [acronym]
42. Ran, like the tortoise's competitor, say
43. Johnny Cash: "___ Prison Blues"
45. Revolutionary leader, ___ Guevara
47. ___ Lanka
48. La ___ (World language organization that Canada, New Brunswick and Que-



bec are a part of)

52. Games org.
53. River inlet
54. Some curtains fabrics
58. Satisfyingly happy sounding Newfoundland town: 2 wds.
62. Grassland of South Africa
64. Math course,

briefly

65. Bee's place
66. Barry Manilow's "___ It Through the Rain"
67. Shakespeare: "___ Brute?" - Caesar
68. Dr. ___ Spengler, "Ghostbusters" (1984) role
69. Taboos

70. Actress Martha
71. Jean ___, Wide Sargasso Sea author

Down

1. Timetables, slangily spelled
2. ___ week (Every seven days)
3. Have misgivings
4. Slacked

5. Type of oil or milk
6. Russian river
7. 'Grey' tea
8. Cookies bag row
9. Village known for its Saskatoonberry Festival each summer
10. Peek-_-!
11. Royalty attendants
12. "___-haw!"

13. Amer. ID
21. Prez
22. Cleveland basket-ballers, briefly
26. Turn
27. Ms. Lauper
29. Cartoonist Mr. Keane
30. Tamarack ___, Northwest Territories' official tree
31. Firearms org.
32. "Baby Beluga" Canadian troubadour
33. ___ Munroe/Storm (Marvel Comics heroine)
34. Canadian songstress Sarah
38. QVC rival in The States
39. Plato's teacher
41. Even if, briefly
44. "Cold" by Canadian singer Rob ___
46. "Free Your Mind" singing group: 2 wds.
49. Pitter-___
50. Lithium-___ battery
51. ___/Or
55. Actress, Jennifer Jason ___
56. Delegate
57. British WWII submachine guns
59. Taro root
60. Title for a Miss, in Spanish [abbr.]
61. Quebec ___
62. Mr. Diesel
63. Comedian Mr. Philips

Yesterday's Crossword**Online**

See today's answers at
metronews.ca/answers

**Conceptis Sudoku by Dave Green****How to play**

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

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BANK A - Lot 17
Town - 2,120 sq.ft.*
was ~~\$336,990~~ | now **\$321,990**



WELLINGTON B - Lot 29
Town - 2,251 sq.ft.*
was ~~\$391,990~~ | now **\$376,990**



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Sales Centre 110 Westphalian Drive 613-831-2619

SELIMA B - Lot 293086
Town - 1,785 sq.ft.*
was ~~\$349,990~~ | now **\$304,990**



SHIRE WITH LOFT A - Lot 1023
Single - 2,826 sq.ft.
was ~~\$534,990~~ | now **\$498,490**



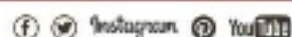
CLYDESDALE A - Lot 1020
Single - 3,130 sq.ft.
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